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VOLUME 22, NUMBER 35

WEDNESDAY, MAY 6, 1998

FIFTY CENTS



The newly enlarged Potthast family includes, from left, mom, Jean Potthast, who is holding Samuel and Michaela, 3-year-old Nathan and dad, Ernest Potthast, holding Morgan and Simon.

City alderman Ralph Miller, 72, dies after illness

Madison alderman served
2nd Ward for seven years

By Scott Cousins
Staff writer

Madison Alderman Ralph Miller, 72, died Sunday evening after a long illness.

Miller, who represented the city's 2nd Ward for seven years, was pronounced dead at 7:58 p.m. Sunday at St. Elizabeth Medical Center in Granite City.

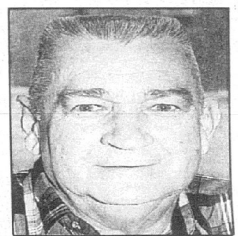
Miller was chairman of the City Council's Parks and Recreation Committee, and also served on the Legislative Committee.

Miller had been absent from the council for several months because of his illness.

Throughout that time, Mayor John Hamm remained optimistic Miller would be able to return.

"It will be a loss to the council," Hamm said of Miller's death. "He did a real good job as an alderman, and brought a lot to the council."

"He will be missed greatly," Hamm said he would probably appoint a replacement in about 30 days. He did not wish to speculate who that person would be.



Ralph Miller

Miller was born June 21, 1925, in Dover, Tenn. He was retired from Zimring Tobacco as a chauffeur, and was one of the original owners/operators of Ralph and Charlie's Restaurant in Madison. He was also a member of the VFW and the American Legion Post 307, and a U.S. Navy veteran, serving during World War II. (See MILLER, Page 9A)

Family quadruples their fun Alhambra couple bring home quadruplets

Jean and Ernest Potthast expected to make room for a larger family at their Alhambra home.

But last week, they more than doubled their family's size when Jean Potthast gave birth to quadruplets. The babies were born at Missouri Baptist Medical Center in St. Louis last Monday.

The Potthasts, who already have a 3-year-old son, Nathan, now have two more sons as well as two daughters.

Simon Ernest was born first at 1:46 a.m. April 27. He weighed 4 pounds. Morgan Ann followed a minute later, weighing 3 pounds, 9 ounces. Samuel Ernest was born at 1:48 a.m., weighing 3 pounds,

5 ounces, and Michaela Ann was born at 1:50 a.m., weighing 2 pounds, 13 ounces.

The family declined requests for interviews last week.

While their mother has been released, the babies remain in the hospital's special care nursery. All four are doing well, a hospital spokesman said.

Police sift through barrage of leads Search for rapist continues

By Nicole Vaughn
Staff writer

Collinsville police aren't sure if they're any closer to identifying the "South Side rapist," but they have plenty of leads that may help them.

Collinsville Police Chief Gerrit Gillespie said Monday that the department has received more than 150 telephone calls since releasing new information about the serial rapist at a press conference Friday morning.

Calls, while still coming in Monday, had slowed dramatically by then, he said.

"Is the big break we need in there?" Gillespie asked rhetorically. "We don't know. It's too early to tell, but we sure hope so."

Gillespie said calls began coming in shortly after Friday's noon television news broadcast and continued all weekend as area newspapers ran the new composite of the "South Side rapist."

"We're very pleased with the volume of the leads," Gillespie

'Is the big break we need in there? We don't know. It's too early to tell, but we sure hope so.'

Chief Gerrit Gillespie
Collinsville police

said. "Now if the quality is as good, we'll be happy."

The suspect is described as a white male, aged 35 to 45, standing 5 feet, 10 inches to 6 feet, 1 inch, and weighing 150 to 200 pounds. His hair is thought to be light brown.

Police also released a five-minute tape of a 911 call made by a man who may be the suspect and a "mizpah" medallion. The silver pendant is broken in half, with each segment attached to its own chain. Traditionally, one half is kept, and

(See RAPIST, Page 9A)



In his face

Marshall School second grader Austin Howe winds up to toss a pie at the face of his school's principal, Virgil Kambarian. A group of students was chosen to subject Kambarian to the indignity, as part of the school's Independent Reader Program challenge. Over 100 students — one out of every three — read over 100 books outside of class to earn the right to toss the pies. Last year 31 of the students accomplished the feat. Kambarian said that while he didn't exactly look forward to the pie pelting, he was very proud of the students.



Kambarian sits surrounded by the students selected to toss the cream pies.

Standing, left to right, are Robert Noud, Ashley Bird, Zachary Wood, Alex Griffin, Adreyan Rice, Austin Howe, Amy Toon, David Sharp and James Christoff. Kneeling are Jeremy Briggs, Dustin Cook, Ryan McBride and Kasey Anderson. Seated in front is Alexis Chaboud.

2 charged in bombing Revenge suspected

By Scott Kelly
Staff writer

Apparently in retaliation against a Granite City police officer, two Collinsville men allegedly set off a homemade bomb in the officer's yard last week.

GRANITE CITY

Collinsville residents Travis L. Guard, 22, of the 100 block of Moffett Avenue, and Ethan J. Borgmeyer, 21, of the 100 block of Clark, were charged Thursday with unlawful use of a weapon, which is a felony.

The officer, whom police wish to keep anonymous out of concerns of further retaliations, was in his house with his family when he heard a shotgun-like noise from outside on the evening of April 27.

"They built a chemical device — like a 'McGyver,'" said Maj. Kip Pomeroy of the Granite City Police Department, referring to the television show where the main character often made homemade bombs.

Pomeroy said the bomb contained materials similar to liquid "Drano," which when mixed with other household substances and placed in a sealed container can cause an explosion if enough pressure builds up.

No one was injured and the only damage was to a bush in the yard. However, because of the materials used to make the bomb, it easily could have caused bodily harm or more property damage, he said.

Although the damage was limited, police sought the

(See BOMB, Page 9A)

In the Journal

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5 FULLER'S FORECAST
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Shrine Circus tickets go on sale

The traditional Moolah Shrine Circus parade Saturday will entertain children of all ages, celebrating the kickoff of ticket sales for the 56th annual Moolah Shrine Circus.

Tickets for reserved and general-admission seating to the circus go on sale at 10 a.m. Saturday. The circus will run June 18 through June 21 at the Kiel Center. This year the Moolah Shrine Circus will present seven performances by the Royal Hanneford Family.

The parade will begin at 11 a.m. Saturday. It will start at Broadway and Market Street, wind westward through downtown St. Louis, proceed along Market and finish at 20th Street.

The annual Shrine parade will feature Shriner and 15 area high school bands, horse troops, motorcycles, the popular Shrine mini-cars and parade floats. The parade units, lively with calypso music, will carry out the theme "Proud To Be A Shriner."

Long considered the "Royal Family of the Circus," the Hannefords hold an unbroken span of circus history dating from the 1690s.

Tickets for the circus may be purchased at the Kiel Center box office at 14th Street and Clark Avenue or the Moolah Shrine office at 12545 Fee Fee Road. Tickets also are available at all Capital Cities locations or by calling Dialtix at (314) 899-8000.

Reserved tickets are \$18, \$14, \$12 (plaza reserved) and \$10 (mezzanine reserved). General-admission seats are being sold for \$8, with seating available on a first-come

Circus schedule

Moolah Shrine Circus performance schedule:
Thursday, June 18, 7:30 p.m.
Friday, June 19, 10:30 a.m., 7:30 p.m.
Saturday, June 20, 2 p.m., 7:30 p.m.
Sunday, June 21, 1 p.m., 5 p.m.
*Signed for the hearing impaired.

basis. General-admission tickets may be purchased at the above outlets or from any Shriner. For general information, call (314) 622-5435 (KIEL). For group sales information, call (314) 622-5454. For disabled access information, call (314) 622-5420.

The 56th edition of the Shrine Circus will benefit the Moolah Shrine Temple.

The original Shrine was formed in New York City in 1872, and in 1922 the Shrine of North America adopted as its purpose the building and maintenance of hospitals for crippled and disabled children.

More recently, the Shriners also have founded burn institutes to extend free care to burned children.

For hospitalized children who cannot travel, the Moolah Shrine Circus acts visit area hospitals to give personalized performances for the children.



The real meaning

Above, Stan Brown of Christmas in April, as Santa Claus, presents Veronica Kraus with a basket of decorating supplies to help her personalize the improvements to her home. With them are Lisa Mott of Homemakers Leads, Inc., the company that put the basket together; house captain John Parker of Moose Lodge 272, who oversaw the construction of a wheelchair ramp for Kraus and other improvements; Judy Moss of the Christmas in April Board; and Gary Stagman of the Moose Lodge. At left, Pete Hayes of St. Elizabeth Medical Center and James Elkins of Sigma Lambda Chi at Southern Illinois University set up a frame for a new concrete walk while working on Irene Macko's home in Madison.

Staff photos by JOHN FRESE

Hunt begins for shelter care homes

Testing will determine placement in scattered sites

By Sanford J. Schmidt
Telegraph staff writer

Officials are making plans to place residents of the Madison County Sheltered Care in the wake of a Madison County Board decision to close the home.

Director Donna Marrone met last week with officials of the Illinois Department of Mental Health and Developmental Disabilities to discuss ways to find the clients a place to live.

"We are in the process of getting them through psychological testing and IQ tests," Marrone said.

She said the clients also have been receiving medical tests that will be used in deciding where they should go.

The board made its decision after voters rejected two proposals that would have supported a combined nursing and sheltered care home.

The board then voted to close the homes by Dec. 1.

Marrone has contended before the board vote that the board should try to keep the Sheltered Care home open because there is no other place for her clients to go.

'Twenty-nine of my residents will need to be placed in other shelter care homes elsewhere in the state of Illinois.'

Donna Marrone
care home director

"It's still a real concern," she said in an interview Friday.

She prepared a report outlining her efforts to find some other placement for the home's 48 residents.

Marrone said her search turned up possibly 10 openings in sheltered care homes in Madison County.

Eleven residents could possibly be placed in nursing homes, Marrone's report said.

"Twenty-nine of my residents will need to be placed in other shelter care homes elsewhere in the state of Illinois."

Six residents have jobs with Challenge Unlimited, an employment service for people with disabilities.

"They would not be able to keep their jobs due to having to place them out of the county," Marrone said.

She said her meetings with state mental health officials indicates some of the residents may be able to be placed in smaller group homes in scattered sites throughout the county.

But, whether that is possible will depend on the outcome of the testing, she said.

"Some of our residents have come out of that group home setting, so it may not be best for them to return," she said.

"Everybody will have a placement, but not everybody will be placed in Madison County," Marrone said.

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The Granite City Public Libraries, both main library, 2001 Delmar and branch, 2145 Johnson Road, will be closed to the public on Friday, May 8th, 1998. The staff will be participating in development programs to better serve the public.

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NEWS

MCT reappoints ACT board, formalizes operations

Acknowledges operation has grown more than anyone could have expected

By Scott Cousins
Staff writer

Long-standing policies and operations by the Madison County Transit district have been formalized during recent board action.

The board reappointed the existing board for the Agency for Community Transit — which MCT has now officially absorbed — and approved an ethics policy mandated by the federal government.

ACT, which operates MCT door-to-door and some small fixed-route bus

services, had operated as a nonprofit agency. Created in 1984 in Madison County, MCT has grown larger than anyone ever expected, said MCT Manager Jerry Kane.

Kane, who was one of the founders of ACT in the mid-1980s, said the county transit's taking control was simply a legal formalization of the existing relationship between the agencies.

"It's done to make sure there is clear control by the Transit District over ACT," he said. "It tightens the relationship between the two, which

is a good thing considering ACT's size."

The agency was MCT's first official move into providing direct transit services. Today, county transit handles most of the bus service throughout the county.

Originally, MCT was created by the county to allow funding for Bi-State Development Agency bus service, but by 1983, Kane said MCT had about a \$1 million surplus, and started giving out grants to provide small bus and shuttle service for local groups and agencies.

The agency was developed in 1984 to combine all those services into a county-wide operation.

It was originally expected that the agency would grow to about 25 vehicles. Today it operates approximately 100.

"Nobody envisioned in their wildest dreams that it would become this large," Kane said.

The transit board also approved an ethics policy, which deals mostly with conflict of interest by board members and employees.

Board Attorney Bill Beatty said the

policy is required because MCT receives federal funds. The policy specifically deals with contracts and gratuities.

The policy limits contracts with the agency by board member or employees. In general, it would allow them to submit sealed bids on some contracts, but would also require giving notice to MCT administrators so they could review it for potential conflicts of interest, and also limits gratuities, such as gifts from contractors, to \$25.

"It's not a new practice," Kane said of the policy. "We've always operated under the guidelines here."

MCT could seek rate hikes

By Scott Cousins
Staff writer

Citing dramatic decreases in federal operating funds, Madison County Transit District officials may be following in the footsteps of the Bi-State Development Agency in seeking rate hikes.

At Thursday's MCT Board meeting, Bi-State spokesman Tom Sturgess told board members that a public hearing would be held on Bi-State's rate increases at 7 p.m. Wednesday, May 27, at the St. Clair County government building.

MCT Manager Jerry Kane said his agency would be looking at rate increases in the near future, and the subject may come up next month.

Regarding the Bi-State rates,

Sturgess said the the proposed increases — the first since 1991 — are necessary because of an expected \$9 million gap in revenue and expenses.

"We haven't found any other way to close that gap," he said.

He said fares make up about 25 percent of the agency's revenue.

Sturgess said much of the problem is caused by declining federal funding for operating costs.

In the 1970s, he said, the U.S. government provided approximately \$24 million annually to operate the bus system. By the 1980s that subsidy had decreased to about \$10 million, and this year they expect to receive only \$800,000 for operating expenses.

While federal subsidies have

decreased dramatically, other funds have remained constant. Sturgess said the basic rate will increase to \$1.25 for adults, and 60 cents for the elderly, disabled and children.

The proposed increase would generate about \$2.4 million.

"We don't want to do it, but we have to do something," he said.

Kane said MCT is facing a similar problem because of shrinking federal subsidies.

He said the last fare increase by MCT, which has taken over most of the bus routes from Bi-State, in addition to services provided by the Agency for Community Transit — would be the first since 1985.

"It really needs a long, hard look," Kane said.

By Scott Kelly
Staff writer

A police canine nabbed a robbery suspect early Monday morning who was also a fugitive from Missouri.

Miranda Coryell, 18, of the 2300 block of West 24th of Granite City, and William K. Graham, 21, of the 1200 block of Niedringhaus Avenue, were arrested Monday for attempted burglary of Prather Elementary School, 2300 W. 25th St. in Granite City.

Graham, police learned, was wanted on an outstanding war-

rant as being a fugitive from justice from the Missouri Department of Corrections.

Police were first alerted to trouble at Prather when the alleged burglars tripped a silent alarm, said Maj. Kip Pomeroy.

Police had them trapped inside when they tried to escape out a window.

The canine officer gave the order to stop. Coryell did, but Graham ran, he said.

Sparky, the police dog, tracked Graham down and found him hiding in some weeds, where the dog "arrest-

ed" him, Pomeroy said.

Graham had had been serving a five-year burglary sentence and was due to be released later this year. On Feb. 9, he walked away from the St. Louis Release Center, where the Missouri Department of Corrections prepares inmates to be paroled.

Both Graham and Coryell are charged with burglary and are being held on bonds of \$40,000 each. Graham, also facing the fugitive charge, is being held on an additional \$50,000 bond. They will next be transported to Madison County Jail, Pomeroy said.

Prather break-in nets Missouri fugitive

Menard population increases drastically

By Cheryl A. Moody
Staff writer

Although it's a maximum security prison now, in 1878

Menard Penitentiary was built to jail horse thieves and stage coach robbers.

On Tuesday, the inmate count at the all-male peniten-

tiary in Chester read 2,845.

"Little by little, it will be up over 3,000," said Larry Hopkins, Menard's unit superintendent. "Since I've been here, I've never seen that number go down."

In fact, since 1973 the number of inmates in state penitentiaries has risen from 6,000 to 41,400. "The number of correctional officers needed to staff the prisons also continues to rise. At Menard on Tuesday, there were 772 officers, which included close to 100 women. In 1974, there was one female officer at Menard," Hopkins said.

Sisters Jennifer and Rebecca Aubuchon of Belleville represent two of those 100 female correctional officers. Their father, John Aubuchon, is also employed there.

Although the three Menard employees may be assigned to different areas, they all start work the same way.

There is no decision making about what to wear. All correctional officers dress in either a standardized winter or summer outfit consisting of green pants, a green shirt, badge, a jacket and a tie with the winter suit.

When they arrive at work, John and his two daughters report to the administration building where they note the time of arrival next to their name on a roster.

Next the employees head to the roll call room where they listen for the day's job assignment.

Jennifer, a Menard employee since last October, works available or wherever she's needed. Jennifer has worked different assignments including the cell houses and gun tower.

When working in the cell house, Jennifer counts the prisoners, and escorts them to the shower, chow room, or wherever it is they go.

"Especially being a new female officer, you get cussed out and called every name in the book," Rebecca said of her sister. "They (prisoners) challenge Jennifer to see if she knows the rules."

Jennifer said, "They ask, 'Can I get an extra 20 minutes on the phone?' I'll tell them 'no.'"

John, an employee there for four and one-half years, said one of the main things an officer must learn is to not be intimidated. He presently works in the segregation unit with 570 inmates. "They will use intimidation and flattery as a tool for manipulation," John said. "If they think they can intimidate you by threatening you they will."

John said being spit on is one of the worst things that has happened to him at Menard.

"The guy said he wanted to slit my throat, but he spit on me instead," John said.

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25 Hardee's Hometown Heroes to be honored at ceremony

Twenty-five Hardee's Hometown Heroes will be honored at a ceremony June 10 at Fontbonne College.

It is scheduled for 11:30 a.m. in the college's Fine Arts Theatre, 6800 Wydown. A reception will follow the ceremony. The general public is invited.

The Hardee's Hometown Heroes awards recognize local citizens for their outstanding volunteerism and humanitarian achievements within the community. The awards ceremony is the culmination of a lengthy nomination and selection process that included hundreds of entries.

The Suburban Journals and KPLR-TV (WB-11) are co-sponsors of the ceremony.

The 1998 Hardee's Hometown Heroes and their respective categories are Nancy A. Sims, Bill Mahler, Animal Welfare; Shelly Farnella, Substance Abuse Prevention; Kenneth Lindley, Tom Ohren, Blanche Lane, Senior Citizen Assistance; Kathy Reimann, Environmental Awareness; Graham Weir, Educational Contributions; Glen Cheng, Health Care; Red Kusmer,

Joyce Williams, Handicapped Support.

Jean Toenges, Steve Konkovich, Patriotism; Lillie Metcalfe, Frederick Robinson, Paul Fultz, Florissant Youth Advisory Council, Helping Children; Rev. Louis L. Overton, Delores Cunningham, Archie D'Amico, Nicole Kathleen Horne, Jessie Carter, Morris Charles Walker, Community Service; Susan Gash, James E. Keith, Arts & Humanities. Nomination forms are available through the Suburban Journals and Hardee's Restaurants and returned to the Sub-

urban Journals. Each described the exemplary service, dedication and achievement of local, unusual heroes. The nominees were then classified into 11 different categories ranging from animal welfare to public safety.

The nominations were judged by a distinguished panel headed by Patricia Nichols, vice president of academic affairs at Harris-Stowe State College. The winners were selected based on a number of criteria, among them quality of effort, uniqueness of distinction and demonstration of commitment.

Richard Fleming, president of the St. Louis Regional Commerce & Growth Association, will provide the keynote address at the awards ceremony.

St. Louis Mayor Clarence Harmon will provide a special salute to current and previous Hometown Hero recipients before he and Fleming present the honorees with their medals.

Also participating in the ceremony will be Rabbi Robert P. Jacobs from the St. Louis Rabbinical Association; Pastor B.T. Rice, president of the St.

Louis Clergy Coalition; Joe Waller, regional marketing manager of Hardee's Food Systems Inc.; Dennis Golden, president of Fontbonne College; Bill Lanesey, vice president and general manager of KPLR-TV; Tom Rice, president of the Suburban Journals of Greater St. Louis and Team 11.

In addition to this year's award ceremony, Hometown Hero recipients will receive a special salute. Masters of ceremonies will be KPLR-TV news anchors Cree Craig and Sandy Miller.

Group: Plan to track patients by name 'terrible'

A plan to track HIV-positive people by name is pitting AIDS advocacy groups against the state Department of Public Health and a handful of powerful, statewide medical groups.

The proposal, which supporters say would allow more accurate tracking of AIDS, has the support of the American Medical Association, the Illinois State Medical Society and other medical groups.

But AIDS groups throughout Illinois vehemently oppose the Health Department's plan.

"I think it's a terrible idea," said Sandy Rose of the Madison County AIDS Program, based in Granite City. "The people who are the highest at risk are going to be the ones least likely to test if someone knows their name. It sets up an adversarial relationship between doctor and patient."

Bobbie Vandalia of AIDS Interfaith Response in Alton agreed. "I understand the motivation behind it. But I think that it's going to cause more people to be hesitant about getting tested."

"And I'm really afraid it's going to cause more children to be born with HIV."

Mark Isham, a spokesman for the AIDS Foundation of Chicago, testified last week at a public hearing in Chicago. "This is a social contract that the community entered into to help fight AIDS, and now the department is proposing to render this social contract null and void."

"This is wrong. This is unfair. And this is bad public health policy."

The Health Department was to have issued its decision after a hearing Monday in Springfield.

The state now only tracks names of people with AIDS.

But state and federal health officials say that, while the number of patients who develop full-blown AIDS is falling, the rate of transmission is not.

"AIDS will represent something increasingly different than HIV," said John Ward, chief of HIV/AIDS surveillance for the federal Centers for Disease Control and Prevention. "That is just a fact of life as the epidemic evolves."

The human immunodeficiency virus causes acquired immune deficiency syndrome.

Ward said linking names to HIV data increases the accuracy and quality of the information. For one, statisticians can weed out duplicate data for

people who have been tested more than once.

After the data are analyzed, the state would encrypt the names so they could be read only by researchers.

But officials at AIDS groups are calling for the use of "unique identifiers" — rather than names. Maryland and Texas are both testing such methods, which some officials say would provide better data and still ensure anonymity.

A University of California survey conducted in 1996 found that one in five people would avoid non-confidential AIDS testing.

The health department's proposal "is not necessary for tracking because we have unique identifiers that can be used," Rose said.

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NEWS

OBITUARIES

Mary Vrenick
MARY A. KRAUS VRENNICK, 83, of Granite City, formerly of Madison, died Friday, May 1, 1998, at the Madison County Nursing Home in Edwardsville. She was born May 8, 1914, in Madison and was a lifelong area resident.

Mrs. Vrenick, a homemaker, was a member of Holy Family Catholic Church.

Survivors include a son, Frank Laub of Granite City; two brothers,

Steve Novosel of Granite City and Joseph Novosel of Maryville; three grandchildren and 10 great-grandchildren.

She was preceded in death by her parents, Louis and Theresa (Auspan) Kraus; and three brothers, Frank, John and Louis Kraus.

Visitation was on Monday, May 4, at Davis Funeral Home Granite City, where funeral services followed with the Rev. Thomas Wise officiating. Burial was in Calvary Cemetery, Glen Carbon.

Memorials to the church have been suggested.

Larry Maxfield
LARRY W. MAXFIELD, 58, of Granite City died Sunday, May 3, 1998, at his residence. He was born May 8, 1939, in Granite City.

Mr. Maxfield retired from Shell Oil as a foreman, was a member of Calvary Baptist Church, Platteville, Mo., and was a U.S. Navy veteran.

Survivors include his wife, Charlene (Leary) Maxfield; his mother, Rachel (Marler) Maxfield; two sons, Jim Maxfield of Belleville and Dave Maxfield of Granite City; one daughter, Connie Garland of Collinsville; one brother, Frank "Butch" Maxfield of Flowery Branch, Ga.; and three grandchildren, Andy Maxfield of Belleville, and Claudia Garland of Collinsville.

He was preceded in death by his father, Frank Maxfield.

Services were Tuesday, May 5, at Irwin Chapel in Granite City, with the Rev. Fred Boatright officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Memorials may be made to the Family Hospice of Swansboro.

Connie Kelley
CONNIE N. KELLEY, 69, of Granite City died Sunday, May 3, 1998, in St. John, Mo. She was born Dec. 18, 1928, in Washington, D.C.

Mrs. Kelley graduated from Benton High School in 1948. She served as lay pastor of Saratoga and Eben-

zer churches in rural Union County from 1988-1990. She retired from Southern Illinois United Methodist Church.

Survivors include her husband, Ray Kelley; her children, Mary Kelly of Mount Vernon, Karen Kelley of Salt Lake City, Utah, Esther Mannhardt of Livingston, Mont., James Kelley of Swansboro and Dana Kelley of St. John, Mo.; seven sisters, Jenny Ahern of Alexandria, Va., Jo Martin of North Beach, Md., Catherine Justice of Upper Marlboro, Md., Mary Blood of Ina, Grace Rudall of Glen Burnie, Md., and Helen Bradhurst and Pauline Settle, both of Waldorf, Md.; two brothers, Gilbert Robey of Charlotte Hall, Md., and Linwood Robey of Lothian, Md.; and three grandchildren, David, Sharon and Michael.

She was preceded in death by her parents, Grover and Anna (Helwig) Robey; her foster parents, Floyd and Florence Hester; and nine brothers and sisters.

Visitation will be from 5 to 8 p.m. today, May 6, at Johnson Funeral Home in Ina.

Services will be at 10 a.m. Thursday, May 7, at the Ina United Methodist Church with the Rev. Eugene Beasley and the Rev. Gary Durey officiating. Burial will be in Abner Cemetery in Nason.

Memorials may be made to the United Methodist Church.

Loyd Ousley
LOYD E. OUSLEY, 83, of Granite City died May 2, 1998, at St. Elizabeth Medical Center on Granite City.

Mr. Ousley was born Aug. 30, 1914, in Granite City.

Survivors include his sister, Wilma Gilliam of Granite City; three nephews, Herbert Ousley Jr. of Edwardsville, Joseph Ousley and Herbert Ousley, both of Granite City; and one niece, Joyce Ousley of Reno, Nev.

He was preceded in death by his parents, Joseph and Lucy (Enyart) Ousley; and one brother, Herbert Ousley.

Services were Tuesday, May 5, at Mercer Chapel in Granite City. Burial was in Sunset Hill in Glen Carbon.

Memorials may be made to the Billy Graham Evangelistic Association.

Walter Blankenship
WALTER BLANKENSHIP, 72, of Wentzville, Mo., formerly of Granite City, died Friday, May 1, 1998, at his residence. He was born Aug. 28, 1925, in Erin, Tenn.

Mr. Blankenship retired from Complete Auto Transit as a car hauler, was a member of 32nd Degree Mason, Masonic Lodge 877, Royal Arch Masons, Scottish Rite, Aired Shrine-Compton Motor Unit, Eastern Star, Wood River Moose Lodge and Church on the Rocks in St. Peters, Mo., and was a U.S. Air Force veteran.

Survivors include his wife, Juanita (Gail) Blankenship; two daughters, Lynne Forister and Bella Cooper, both of Granite City; one stepson, Robert Rash III of Washington, Mo.; two stepdaughters, Karen Bechtel of Granite City and Debra Pailagi of Maryville, one sister, Louise LaRose of Dixon, Tenn.; 10 grandchildren; and two great-grandchildren.

He was preceded in death by his parents, Odie and Ida (Green) Blankenship; first wife, Vivian Blankenship; four brothers; and two sisters.

Services were Monday, May 4, at Irwin Chapel in Granite City, with the Rev. Dan Wagner officiating. Burial was in Calvary Cemetery in Edwardsville.

Memorials may be made to the American Cancer Society.

William Davis Jr.
WILLIAM "BILL" DAVIS JR., 68, of Arleta, Calif., formerly of Granite City, died April 27, 1998, in Burbank, Calif.

Mr. Davis was born April 6, 1930, in Granite City. He was employed by Tri West Insurance Services as an account manager, and was a member of the St. Genevieve Catholic Church.

Survivors include two sisters, Florence Portell and Sally Hicks, both of San City, Ariz.; one niece, one nephew; and four great-nieces.

He was preceded in death by his parents, William "Herb" and Cora (Graham) Davis Sr.

Services were Monday, May 4, at Holy Family Catholic Church in Granite City, with the Rev. William Fisher officiating. Burial was in St. John Cemetery in Granite City.

Memorials may be made to the Masses of the Lupus Foundation. Irwin Chapel handled the arrangements.

Helene Peters
HELENE PETERS, 87, of Granite City died May 1, 1998, at her residence.

Mrs. Peters was born July 13, 1910, in St. Louis. She was employed by Dairy Master of Madison as a waitress.

Survivors include three nephews, Wilma Heits and Mike Heits, both of Naperville, and Andy Harris of Spain, and two nieces, Cyndi

Harris and Anne Arndt, both of New Braunfels, Texas.

She was preceded in death by her parents, Andrew and Mary Ann (Frensko) Peters; and one sister, Mary Ann Harris.

Services were Tuesday, May 5, at Thomas Funeral Home Chapel in Granite City, with the Rev. Elia Khouiri officiating. Burial was in Auburn Cemetery in Auburn.

Memorials may be made to the Diabetes Association.

Henry Amelung
HENRY A. "BABE" AMELUNG, 78, of Granite City died Saturday, May 2, 1998, at St. Elizabeth Medical Center in Granite City. He was born May 12, 1919, in Granite City.

Mr. Amelung retired from Granite City Steel as a payroll clerk. He was a member of the Pillar of Concordia Lutheran Church, superintendent of the Sunday school and a board member for the church choir.

He was chairman of the congregation and a member of the Lutheran Choir. Mr. Amelung was inducted into the Granite City Sports Hall of Fame, was active in softball and bowling and was a full-time volunteer with Protestant Welfare.

Survivors include his brother, Walter Amelung of St. Louis; one sister, Irene Norbet of Belleville; several nieces and nephews, Allison Dorian of Apopka, Fla., Judy Kempen of St. Louis, Sandy Boesch of Hasling, Neb., Diane Norbet and Eddie Amelung of Greewood, Miss.

Services will be at 10 a.m. today, May 6, at Concordia Lutheran Church in Granite City, with the Rev. Michael Hart officiating. Burial will be in Sunset Hill in Glen Carbon. Memorials may be made to the Concordia Lutheran Church, KEUO Lutheran Hour.

Raymond Sudholt
RAYMOND SUDHOLT, 73, of Granite City died Sunday, May 3, 1998, at St. Elizabeth Medical Center in Granite City. He was born March 16, 1925, in Granite City.

Mr. Sudholt retired from Granite City Steel as an equipment operator. He was a member of Knights of Columbus 1098 of Granite City.

Survivors include his wife, Theresa (Bonnie) Sudholt; one son, Craig Sudholt of Maryville; one daughter, Geraldyn LeGard of St. Louis; three sisters, Elvera Walck and Helen Jordan, both of Granite City, and Mary Vizer of California; one brother, William Sudholt of St. Peters, Mo.; and two grandchildren, Aaron Sudholt and Emma Sudholt, both of Maryville.

Services will be at 11 a.m. today, May 6, at St. Elizabeth Catholic Church in Granite City, with the Rev. Thomas Wise officiating. Burial will be in Calvary Cemetery in Glen Carbon.

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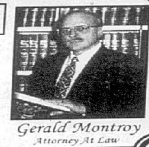
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Timely tips on
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Weeds. They come around every year, and have plagued gardeners since time began. As always, the age-old question arises: How do you get rid of them? While there's no cure-all, one-step method, you do have a few choices.

The easiest way is prevention. The best possible prevention is a thick, healthy, green lawn. Weeds thrive in thin, weak lawns, since there's little to compete with for food and moisture. Strength comes in numbers, and the more healthy grass blades there are, the tougher it'll be for weeds.

It is, however, possible for a healthy lawn to have a few weeds, but they'll be much easier to destroy, since their growing conditions aren't the way they prefer.

This time of year, your best bet for killing weeds is to use a post-emergent type of product such as Frank's Lawn Weed Killer. What's post-emergent? Easy. It means after the weeds have emerged, or sprouted. Pre-emergent is the opposite. You apply post-emergent weed control products directly to the weed itself. Pre-emergents are used before the weeds are visible.

There are two types of post-emergent weed controls; selective and non-selective, and that's not as tough as it sounds either. A selective product will kill only certain weeds without harming the lawn. Non-selective means anything and everything.

The type you should use is obvious. If your goal is to destroy weeds and only weeds, leaving the grass alone, opt for the selective product.

Non-selective products are normally applied when the user wants to destroy everything: grass, weeds and all. They're great when you want to clear vegetation down to bare ground, such as when preparing to start a new lawn.

Weed controls fall into two more types; liquid and granular. Which is best? It's up to you. If you have a few individual weeds here and

there, a pre-mixed liquid in ready-to-use form is a good choice. You just aim at the offending weed and spray it. No need to overkill. Once the weed gets wet, it's doomed and you can move on to the next.

Granular types are fine for large areas littered with weeds of every size and shape. You can apply them with a spreader over the entire yard and the weeds will eventually shrivel up and die. Avoid using a broadcast spreader, however, unless the product states that it's okay to do so.

Liquid concentrates are also great for large areas, and they're easy to apply with a hose-end sprayer, which automatically mixes the correct amounts of product and water.

Be careful with flowers! Even selective weed controls can harm some flowers if they contact them, so take all necessary precautions. Drop spreaders to the rescue again; they make it easier.

Now for the tough part. Should the lawn be wet or dry when you apply the weed killer? It depends on what you're applying, and as usual, we have the answers.

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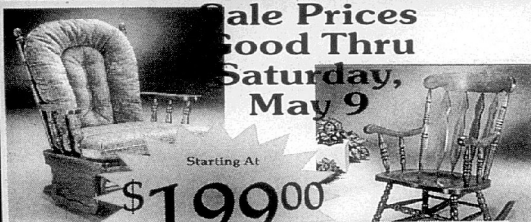
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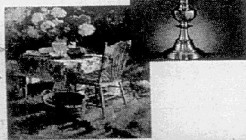
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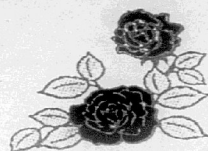
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Clerk worker retires after 34 years of service

By Sanford J. Schmidt
Telegraph staff writer

Pam Tune, 51, of Wood River, retired Friday after wearing pants to work and working her pants off for 34 years. Tune is known around the Madison County Courthouse as a fine worker in the Circuit Clerk's Office and as the worker who passed around a petition to allow women to wear pants to work almost 30 years ago.

"Thanks to Pam, I'm wearing these pants today," said Judy Nelson, who was wearing a professional-looking pair of slacks Friday.

Tune, who took the courthouse job just after graduation from East Alton-Wood River High School, reasoned in 1970 that the time had come to scrap the rule that women had to wear skirts to work.

"I thought wearing slacks to work would help us do our jobs better," she said.

The women who work at the courthouse said slacks make them more comfortable while presenting a professional appearance.

Tune's boss at the time was the late Willard V. "Butch" Portell, and he agreed to the women's demands.

A party for Tune was held in the courthouse Friday. Judges and clerical workers alike came by to wish her the best and to share hugs.

Tune was also known as a hard worker, keeping accounts in the Circuit Clerk's Office when records were kept in massive books instead of computers as they are today.

"She came here right after high school and worked her way all the way up to the top job as comptroller," said her current boss, Circuit Clerk Matt Melucci.

Tune, who is taking early retirement, came to the clerk's office in 1964. "Lyndon Johnson was running for his first full term, and Butch Portell was running for his second

'She came here right after high school and worked her way all the way up to the top job as comptroller.'

Matt Melucci
Circuit Clerk, and Pam Tune's boss

term," Melucci said.

Tune said she enjoyed working for Portell and for Melucci. "Butch was a real character but a nice man and good to work for."

"Matt is very progressive and has made a lot of improvements that have made it easier for us," she said.

Portell served for 32 years. He chopped cigars and was a friend to famous Cardinal baseball players and broadcasters.

Tune recalls one of the strangest incidents of her career involving Portell and a character of equal stature in courthouse folklore, Marshall "Zeke" Smith.

Smith and Portell were friends, and Smith was boarding Portell's bird dog at his farm in Prairiepoint.

The two got into a dispute when Smith was an assistant state's attorney because Smith wanted some of Portell's office space.

When the dispute came to a head, Smith brought Portell's dog back to Portell's office and parked it next to Tune's desk.

"Then he took out a hammer and knocked a hole in the wall," Tune said.

Other workers said they will miss Pam Tune, but they are happy she is leaving a legacy behind.

"Just think of all the money we're saving on panty hose," said one courthouse worker.

Rapist

(Continued from Page 1A)

the other is given to a significant other.

The right half of such a necklace allegedly was torn from the neck of the "South Side rapist" during a 1992 assault.

In the tape, the man claimed to know the rapist's identity and that he lived in Collinsville.

Gillespie said Illinois State Police have loaned the department a systems analyst to establish a database for all of the new information. Collinsville police also are working with Missouri authorities to help track down leads pertinent to that state, Gillespie said.

The "South Side rapist" is suspected of at least 21 attacks in the St. Louis area. Besides Collinsville, he has struck in St. Louis city and county, in St. Charles and in Arnold.

"We don't know if this is going to catch the guy or not, but it has definitely had the effect we wanted by generating all this new information," Gillespie said. "Now we work through it all and see what happens."

Anyone with information about the suspect is asked to call the Collinsville Police Department at 344-2131.

The two men were apparently upset over tickets and warnings the officer had issued against their friends, police said.

Both men were arrested and then released pending trial last week, after each posted \$15,000 cash bonds.

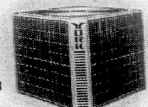
Bomb

(Continued from Page 1A)

He is survived by his wife, Sue Miller; seven sons, Larry Miller of Potosi, Mo., Bill Miller and Bruce Miller both of Granite City, Keith Miller of East Alton, Scott Miller, Joe Miller, and R.T. Miller all of Madison, four daughters, Brenda Revelle of East Alton, Rob-

in Moran of Madison, Glenda Cook of Tallahassee, Fla., and Tammy Ishura of Granite City; one sister, Linda Guloia of Decatur; 32 grandchildren; and 11 great-grandchildren. Services will be at 11 a.m. today, at Werner Chapel in Granite City, with the Rev. Henry Crippen officiating.

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It's important to understand basic investment terms

Have you ever heard physicians or computer experts speak with each other? Their discussions can sound like a foreign language to the average person.

Sometimes financial professionals take their knowledge for granted, too, forgetting that the average investor doesn't use words like "net asset value" and "12b-1 fee" in everyday conversation.

Understanding investing terms will not only allow you to communicate better with your financial professional, it can also help you interpret information in financial publications. Here are definitions for some of the more common terms:

• **Asked (or offerings) price.** The price at which a security can be purchased. For a mutual fund, the asked or offering price is the current net asset value plus any sales charge.

• **Bid (or redemption) price.** The price at which a security can be sold. For a mutual fund, this is the price the fund will pay to redeem your shares; it usually equals the current net asset value.

• **Capital gain distributions.** With mutual funds, payment to shareholders of gains on the side of the fund's securities. These are generally paid once a year.

• **Dividend.** An amount paid to owners of common stock, preferred stock or mutual funds at the discretion of the board of directors. Dividends are paid from a company's present or past earnings. Many growth companies pay little or no dividend, instead using earnings for future growth and development.

• **Dollar cost averaging.** Buying securities at regular intervals with a fixed dollar amount.

• **Exchange privilege.** Allows mutual fund shareholders to transfer their investment from one fund to another within the same family, usually for little or no fee. However, taxes may be due on any capital gains realized from the original fund.

National awards system contract

National Steel Corp. has awarded to Cegelec Automotive Inc. the contract for a shape-control system, this one to be installed at the Granite City Division on its four-stage tandem cold mill.

A similar installation has been in successful operation at National Steel's Great Lakes Division for the past several years.

Developed on the Alspa 80/75 platform, the Cegelec shape control system is based on the 925 PLC processor in conjunction with additional communications and graphics processors. According to Robert Perks, senior applications engineer at Cegelec, it will provide National Steel with a flexible and open system configuration.

"Our non-proprietary system provides open architecture (both hardware and software), ease of maintenance (standard GE Fanuc spares), flexibility of communications options, and the ability for easy upgrades, using generally available hardware and software," he said. "This allows the customer to modify or reconfigure the system for any given product or size ranges, or for circumstances that are particular to mill."

Under terms of the contract, Cegelec will supply Granite City with a new shape control processor panel, a new spray solenoid driver system, and operator screens. The system will be developed on a Windows NT platform, and all components will be engineered and manufactured in Pittsburgh.

The new system was scheduled for delivery in April. Commissioning, slated for May or June, will be done in parallel to the existing so that no mill downtime, other than the regular scheduled maintenance periods, will happen.

Cegelec Automatic provides automation and control tech-



Dr. Joseph S. Prosser

Income dividends. Payments made to mutual fund shareholders that include dividends, interest and short-term capital gains earned on a fund's investments. Payments are made after operating expenses are deducted.

• **Management fee.** The fee paid to an investment manager. It is most frequently associated with a mutual fund, although it applies to any investment manager. For a mutual fund, the fee generally averages about 1/2 of 1 percent of the fund's total net assets per year. This amounts to about \$8 for every \$1,000 of assets.

• **Net asset value.** A term usually used in connection with investment companies, meaning true value per share. It is common practice for an investment company to compute its assets daily, or even twice daily, by totaling the market value of all securities owned. All liabilities are then subtracted from this total, and the balance is divided by the number of shares outstanding. The resulting figure is the net asset value per share.

• **Prospectus.** The legal document that offers a mutual fund or new issue of securities to the public. It is required under the Securities Act of 1933.

• **Sales charge.** The cost to purchase share of mutual fund. Sales charges typically range from 4 percent to 8.5 percent of the initial investment. The charge is added to the net asset value determine the asked or offering price.

• **Total return.** The price of

a mutual fund reinvested dividends and capital gain distributions. It is generally expressed as a percentage of the fund's value.

• **12b-1 fee.** A fee charged by some funds, named after 1980 SEC rule that permits them, such fees pay for distribution costs such as advertising or commissions paid to brokers. The fund's prospectus details 12b-1 fees if applicable.

• **Yield.** Often referred to as return, yield is calculated by

dividing an investment's dividend or interest by offering price. The resulting percentage is the yield. A \$100 investment pays \$5 in income has a yield of 5 percent.

These definitions can help you with the basics, but if your

financial professional ever uses a term you don't understand, don't hesitate to ask for an explanation. If he or she is

reluctant to explain, it's time to look for a new broker.

National Day of Prayer

Thursday, May 7, 1998

"America, Return To God"

Join us as we lift our Nation before our Creator.

Two services

11:30 am - 12:30

Steps of Granite City City Hall

and

7:00 PM

Nelson Hagnauer Township Hall



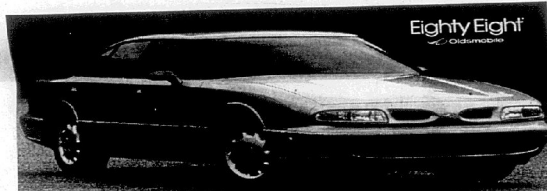
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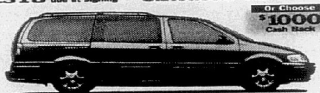
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(See STEEL, Page 11A)

BUSINESS/NEWS

Former resident, husband rake in dough

By Scott Kelly
Staff writer

After winning first place in their category in the Pizza Festiva pizza recipe contest, Craig and Karla Priebe, owners of C.K.'s Grilled Pizza in Norcross, Ga., went on to win the Pizza of the Year Award in Las Vegas.

Karla (Stawar) Priebe graduated from the old Granite City High School North and worked as an assistant manager at Rizzo's in Madison.

Their recipe, C.K.'s Grilled Gamberian, originally tied for first place honors in the Seafood Pizza category in the Las

Vegas Pizza Expo, the world's largest industry show dedicated to pizzeria operators.

The Priebe met in 1994 in Atlanta, where Craig was a sous chef at the Westin Peachtree Plaza Hotel. They married six months later, and two months after that opened their own restaurant, with the help of their two families. After much experimentation, the two were able to combine their culinary loves, pizza and wood grilling.

Initially, they served pastas, oven-baked pizzas and grilled pizzas cooked outside on a Weber grill. The grilled pizzas were so popular they abandoned their outdoor efforts and installed a large, wood-burning grill inside the restaurant and streamlined their menu.

The Priebe have won other awards. Pizza Today, the industry's leading trade magazine, has named their restaurant one of the top 100 independently-owned pizzerias in the world.

(There are more than 70,000 pizza establishments in the United States alone.)

Also, Gwinnet Loaf Readers' Choice named theirs among the best nonfranchised restaurants in 1997, and also named C.K.'s the best overall restaurant for 1997.

C.K.'s Grilled Pizza can be



Craig and Karla Priebe, of Norcross, Ga., show off one of their famous grilled pizzas.

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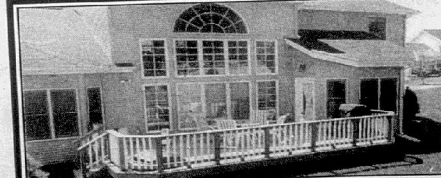
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The guide can be obtained by calling the United Way's Volunteer Center at (314) 539-4063.

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(Continued from Page 10A) technology to a wide range of industries, including metals production, materials handling, marine mining, power systems, petrochemicals, pulp and paper and cement. Headquartered in Pittsburgh, it is the American subsidiary of Cegelec, France, a world leader in electrical engineering.

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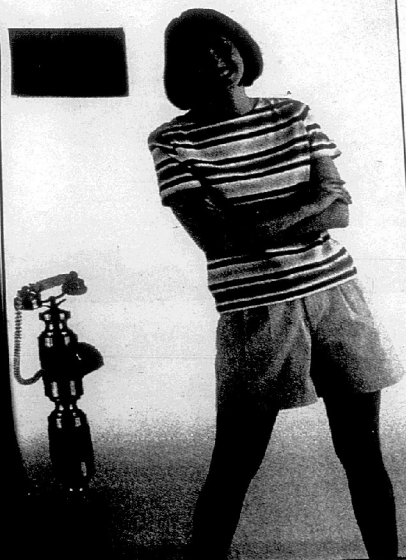
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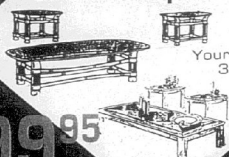
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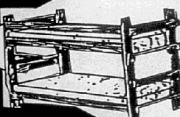


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JOURNAL SPORTS

Jammers hoop squad
is Team of the Week

Page 2B

Updated standings
for prep sports

Page 2B

Granite City Journal

Section B

Wednesday, May 6, 1998

Art
Voellinger

Edwardsville's Pile earns spot among top prep coaches

When the April edition of *Collegiate Baseball* paid tribute to several outstanding high school baseball coaches across the country, you knew Tom Pile of Edwardsville would be included.

Beaten only by the rain in the first month of the 1998 season, the Tigers of Pile are a threat to return to the state finals, where in 1991 Edwardsville nearly pulled off the impossible.

You see, in the 78 years of Illinois prep baseball, only Maine Township in 1958 and '59 has recorded back-to-back titles.

Edwardsville came close during a streak of 64 consecutive wins that included a state crown in '90 and led to a loss in the final game of the '91 tournament.

In addition to having a first, second and third in the state finals, Pile's teams have won 12 regionals and four sectionals during his 20 seasons at Edwardsville.

The Tigers finished at 35-4 last year after losing to Belleville West in the sectional final, but Pile took a 531-147 record into this season, in which the Tigers are favored to run off with the Southwest Conference title.

Even more impressive, as noted by the collegiate newspaper, is that Pile and his coaching staff have raised more than \$250,000 for baseball in the Edwardsville area.

Extra innings

Schamburg of the Chicago area is the defending Class AA state champ.... Barrington reached the finals three consecutive seasons from 1988-90 but lost in the final game twice after winning the state crown in '88.... The *Collegiate Baseball* national prep poll in April had Toledo (Ohio) High ranked No. 1 with Southridge of Miami (Fla.) second and defending national champ George Washington of New York City third.... No Illinois or Missouri school was represented in the top 30.

Overtime

While East St. Louis Lincoln boys basketball coach Bennie Lewis was a sure bet to be named the coach at East St. Louis Senior after the merger of Lincoln and East Side, apparently there's nothing definite on the future of 6-foot-9 sophomore Darius Miles of Lincoln.

When I asked Lewis of the possibility of Miles transferring, the coach of four East St. Louis Lincoln state champion teams replied: "I haven't heard anything about that."

I have a source, though, who indicated Miles, who was considered the best sophomore in the state last season, is being wooed by defending Class AA champion Chicago Whitney Young.

Apparently, Miles has been playing AAU ball with a team coached by Larry Butler, who was instrumental in getting all-star Quentin Richardson to transfer from Chicago Brother Rice to Young.

According to a Chicago Sun-Times source referring to a Miles transfer, "It looks like it will happen." The family was overwhelmed by all the attention (during the AAU season) in the past, all the free gifts (sneakers, equipment) and trips to tournaments all over the country and they didn't have to pay for any of it."

Peoria-based talent scout Bill Flanagan said: "Miles is a high major-college prospect. He is similar to Brian Cook."

(See VOELLINGER, Page 3B)

Althoff grad makes a homecoming

Trade to the Expos helped Stovall get shot at 'The Show'

By Mark Hodapp
Staff writer

Even in high school, DaRond Stovall of East St. Louis displayed the tools of a major league baseball player, recalled his Belleville Althoff baseball coach Al Foppe on Thursday.

"He was quick and had an excellent arm," Foppe said.

A 1991 graduate of Althoff, Stovall also had a passion for the game, Foppe said.

"Over the years, we have stayed very close," he said. "He's just elated to be where he is."

Stovall is a rookie outfielder for the Montreal Expos. On April 27, he made his first appearance against the St. Louis Cardinals in Busch Stadium.

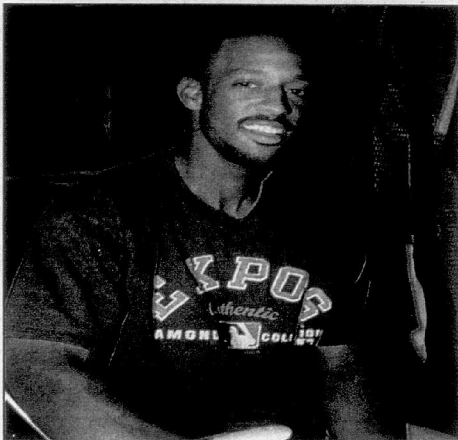
A fifth-round draft pick by the Cardinals in 1991, Stovall was traded to the Expos with pitchers Kirk Bullinger and Bryan Eversgerd on April 5, 1995 for pitcher Ken Hill.

Stovall said the trade hurt initially, but he now believes it helped his career.

"From the looks of it right now, I don't know if I would have got this chance with the Cardinals," he said. "They have a pretty good outfield."

Stovall, who took a .320 average (8-for-25) into last week's three-game series found it "a thrill" to play at Busch in front of his family and near his hometown. In fact, he felt like he was a fan sitting in the stands while sitting in the Expos dugout.

"It's a great feeling," he said. "I like the new grass that they put in. That's really nice. I also like the new scoreboard. It's great."



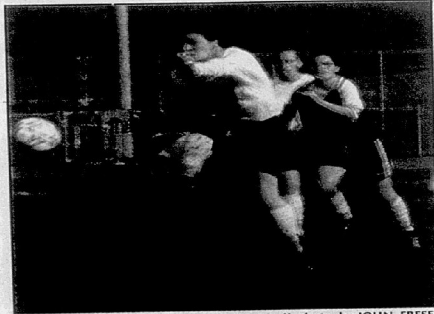
(Staff photo by MARK HODAPP)

Montreal Expos outfielder DaRond Stovall takes a break at his locker last week during the Expos' visit to Busch Stadium to take on the St. Louis Cardinals.



(Staff photo by JOHN FRES)

The Granite City girls soccer team tied Nerinx Hall 1-1 last week in the St. Dominic/Francis Howell North Shootout. ABOVE: Granite City's Jolene Harris (right) kicks the ball away from a Nerinx Hall player. AT RIGHT: Granite City freshman Jessica Vasiloff fires a pass off to a Lady Warriors teammate. Erika Todd scored Granite City's lone goal in the tie vs. Nerinx, which followed a 1-0 loss to Francis Howell. The tournament was supposed to conclude Saturday but was again postponed by bad weather and poor field conditions.



(Staff photo by JOHN FRES)

Rain postpones tourney final

Lady Warriors finish Shootout play at 0-1-1

The winner at the St. Dominic/Francis Howell North Shootout last week was ... the weather.

No team was crowned champion at the event in St. Charles County (Mo.) because Saturday's final was postponed by the weather and poor field conditions.

The tournament got off to a bad start — the first two days of the event were largely washed away — because of rain and poor field conditions on April 27 and 28.

Granite City, the lone Metro East team in the loaded eight-team field, had one of its tournament games washed away — a showdown with Missouri power Duchesne, of St. Charles County.

The Lady Warriors lost 1-0 to Howell on

April 29 in pool play and then tied Nerinx Hall 1-1 last Thursday. Because the tournament semifinalists were decided and Granite was not among them, the Lady Warriors did not make up the other postponed game.

Granite City entered this week with a 6-2-2 record.

Incarinate Word and St. Joseph's Academy were scheduled to play in the finals, having won semifinal matches late on Saturday. The two schools may decide on a date for a make-up.

Nerinx Hall and Lafayette had also qualified for the semifinals.

SIUE keeps focus on GLVC tourney

By Brian Bretsch
Staff writer

Southern Illinois University-Edwardsville baseball coach Gary "Bo" Collins would like to think the Cougars have a post-season bid already wrapped up before they even take the field in the Great Lakes Valley Conference tournament this week.

However, the Cougars will take nothing for granted as they shoot for the GLVC title. "I strongly think that three of our conference teams will get into the regional tournament and maybe even all four of them, so the regional could be a repeat of (the GLVC Tournament)," Collins said. "We don't want to leave it up to the committee. We would like to win our way to (the regional). We honestly feel like we have already done it. We have the best winning percentage in the conference. We have the second-best winning percentage in the region. We have the best power rating in the region. We have a lot of things going for us."

Forneris makes his mark on field at Busch Stadium

Collinsville man works on the grounds crew

By Bill Hester
Correspondent

Tim Forneris always has been a big baseball fan.

He can remember going to as many as 30 St. Louis Cardinals games a summer while he was a freshman and sophomore at Belleville Althoff High School, taking the Redbird Express bus from St. Clair Square.

Forneris currently attends almost every Cardinal game ... and he is not even a season ticket holder. The 21-year-old Collinsville resident is a member of the grounds crew at Busch Stadium.

"I couldn't ask for a better job at my age," said Forneris, who is scheduled to graduate from Saint Louis University later this month with a degree in international business.

Forneris has actually worked at the stadium since 1992, when he began his employment as an usher.

"A guy I went to high school with (Brian Karban) worked there as a market research," Forneris said. "He knew that I went to a lot of games and asked if I was interested

PREP BASEBALL

"One of our goals was to win the division and win the conference. We have accomplished one of those so far."

The Cougars finished the regular season with a 32-10 record and finished first in the South Division of the GLVC. The Cougars closed out the season with a 2-0 victory over IUPUI-Fort Wayne.

SIUE enters the GLVC Tournament, which is scheduled to begin sometime at the end of the week, with a healthy roster.

"Our best hitter had been out of the lineup for the last three games," Collins said. "Mike Robertson hasn't played because he has had back problems. He's supposed to be back with us this week. Other than that, we seem to be OK."

The Cougars boast a batting lineup that has all nine regular hitters hitting better than .300. As a team they are hitting .370. Last year the Cougars set a new school record by hitting

(See SIUE, Page 4B)

BASEBALL

in working there.

Forneris' day can begin as early as 7 a.m. for a weekend afternoon game. During the game, he is positioned in the visitor's bullpen in left field. He takes care of the bullpen

(See FORNERIS, Page 4B)

SPORTS

PREP/COLLEGE STANDINGS

METRO EAST BASEBALL

Southwestern Conference			
Team	Conf	Overall	
Edwardsville	6-0	18-0	
Collinsville	5-1	13-4	
Belleville West	3-1	8-4	
Belleville East	2-3	11-3	
Alton	1-5	7-6	
Granite City	2-4	6-10	
East St. Louis	0-4	4-6	
College			
Team	Conf	Overall	
SIUE		32-10	
McKendree		24-15	

Mississippi Valley			
Team	Conf	Overall	
Highland	3-1	9-7	
Clivic Memorial	3-1	11-4	
Jerseyville	3-2	12-6	
Triad	1-1	11-4	
Mascoutah	1-3	6-10	
Waterloo	0-3	4-11	

Cahokia			
Team	Conf	Overall	
Red Bud	3-0	10-7	
Columbia	1-0	9-6	
Carlyle	1-0	5-4	
Westview	3-1	5-13	
New Athens	2-1	8-3	
Freeburg	2-2	7-9	
Dupo	1-2	2-12	
Breast C.	0-3	6-9	
Marissa	0-3	4-11	

South Seven			
Team	Conf	Overall	
O'Fallon	3-2	10-4	
Cahokia	0-1	4-5	

Independents			
Team	Conf	Overall	
Gibault		16-3	

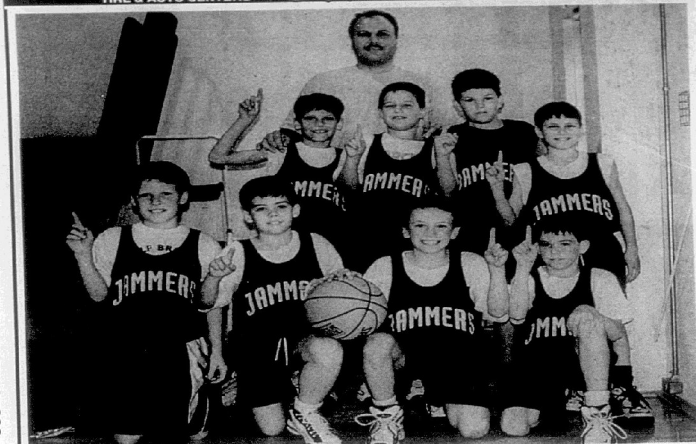
METRO EAST SOCCER

Southwestern Conference

Team	Conf	Overall
Collinsville	3-0-1	9-1-2
Granite City	1-0-0	6-2-2
Alton	2-2-0	5-1-0
Edwardsville	0-1-0	4-5-0
Belleville West	0-4-0	1-8-0

Independents		
Team	Conf	Overall
Triad		5-1-0
Marquette		6-3-1
Gibault		6-4-0
O'Fallon		8-5-2
Wood River		3-6-0
Roxana		1-4-0
Marissa		1-5-1
Mater Dei		1-4-0
M.E. Lutheran		0-4-0
Cahokia		0-4-0
Clivic Memorial		0-3-1
Althoff		0-0-0

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Jam time

The Jammers, a team of fourth-graders from Wolf Branch grade school in Belleville, won the Signal Hill third and fourth grades regular season with a 7-0 mark and won the league championship (37-27 against the Wildcats). Pictured at left are (from left): In front — Travis Wilson, Bradley Gouge, Will Nester, Chris Riggs; Second row — Nathaniel Varel, Tom Kelley, Eric McCrany, Andrew Reichert; In back — coach Ken Varel. Not present: Luke Bement and Josh Grunich.

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SPORTS

Grudge match

Stovall returns to face organization that traded him — and others — for Hill

By Mark Hodapp
Staff writer

Last week's trip to Busch Stadium marked a reunion for Montreal Expos outfielder DaRonch Stovall.

Not only did the three-game series give the East St. Louis native an opportunity to see his family and friends again, it also matched him up against the team that initially drafted him out of Belleville Altoff. The St. Louis Cardinals drafted Stovall of East St. Louis in the fifth round of the June 1991 draft.

Among the fans who came to watch was his father, Don Stovall, the baseball coach at East St. Louis High School.

"I was really excited to see him in St. Louis," Don Stovall said.

Prior to the draft in 1991, former Altoff coach Al Poppe said he had a strong inclination Stovall would be drafted by either the New

BASEBALL

York Mets or the Cardinals.

Stovall ended up being drafted by the Cardinals on the same day that Altoff won a baseball state title.

He was acquired by Montreal with pitchers Kirk Bullinger and Bryan Eversgerd on April 5, 1995 for Ken Hill. "He was the guy we really wanted (in the trade)," Expos manager Felipe Alou said last Tuesday.

Don said his son never followed a particular player growing up.

"I really can't think of one guy who influenced him," he said.

Don said he also does not know why his son chose to wear No. 50.

"His favorite number is 11. But Shane Andrews is wearing that for Montreal and Jose

Quendo used to wear that while he was in St. Louis."

Prior to making the Expos opening day roster this year, Stovall put up some big numbers in the minor leagues.

Last season, Stovall set a career-high when he collected a total of 87 RBI between Double-A and Triple-A. The center fielder was coming off of an excellent spring training with the Expos and started the season in the minors with a bang. Starting with the second game of the season, he put together a 12-game hitting streak (20-for-44), and also hit in 20 of 23 games.

Prior to joining the Expos, Stovall also had several good years in the Cardinals organization. He finished third in the Midwest League with 81 RBI in 1993 and was one of Springfield Cardinals players to hit 20-plus home runs. Springfield is a Class A affiliate of the Cardinals.

In 1994, Stovall finished among the Cardinals minor league leaders in RBI, triples, stolen bases, home runs and walks.

He spent the entire 1995 organization at West Palm Beach, Fla. (the Expos' Class A affiliate), after his acquisition from the Cardinals. Following the '95 season, the Expos rated Stovall as their best defensive outfielder in their organization.

In 1996, Stovall's first season at Harrisburg, Pa. (the Expos Class AA team), he suffered a left-shoulder injury that sidelined him two months. He injured his shoulder when attempting a diving catch in center field.

Don said he looks to forward having DaRonch's next dream fulfilled. DaRonch hopes to play regularly.

"I am having fun so far," the younger Stovall said.

•Stovall

(Continued from Page 18)

he will strike out like he used to. He's cutting down on strikeouts, and is making good contact now. He's also being more aggressive. He used to be a passive hitter, striking out a lot taking. His good athleticism is starting to take over."

Coming into this year, Stovall struck out at least 114 times in five of his seven minor league seasons, including 154 times in 1994.

Stovall said he believes he has the strikeout problem

under control.

"I was a little too passive with the Cardinals," he said. "I'm trying to play a little more aggressive now and put the ball into play."

Expos outfielder Rondell White said Stovall also works hard daily with hitting coach Tommy Harper.

"That shows what kind of character he has," White said. "White said Stovall also is adjusting to his role."

"He can come in and steal a base, get a start here and there," White said. "But before it's all said and done, I think he'll be starting."

Stovall also is attracting the attention of major league scouts.

While Colorado Rockies scout Jack Bloomfield said he hasn't enough of Stovall to put a grade on him, he was impressed by his play in spring training.

"I like his bat," Bloomfield said. "I think he's going to hit. But in our business, can he make adjustments? Just because a guy got ability doesn't mean he will make the big leagues."

Stovall on Tuesday left around 70 tickets for family and friends. Family members

attending the game included parents Don and Deborah Stovall and grandmother Ruby Stovall, who celebrated her birthday Monday at Busch Stadium.

In the off season, Stovall still lives with his grandmother in East St. Louis.

"She was so happy to see my running around the field," he said. "She enjoys it."

Poppe also attended the games Monday and Tuesday, the latter of which was rained out after three innings.

"I couldn't be any happier for DaRonch," Poppe said. "It's a great feeling."

•Voellinger

(Continued from Page 18)

A 6-10 Lincoln, Ill., junior, Cook committed to the University of Illinois.

"Miles is very mobile, a very good jumper and can handle the ball, but he is not as good as Cook at the same age," said Flanagan.

Footnote

Brad Panoost, who coached Mount Vernon High football

from 1977-90, has been rehired as the Rams head coach. He replaces Butch Kueas, who left the South Seven Conference school to coach at Quincy.

Panoost was 76-55 and won three league titles previously. In 1988, his Rams lost in the Class 5A quarterfinals to eventual state champ Peoria Richwoods.

An increase in flag and tackle football for youngsters in the sixth through eighth grades in the Mount Vernon area is expected to boost interest.

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SPORTS

•Forneris

(Continued from Page 1B)

and any of the needs of the opposing players. He comes onto the field at the beginning of the fourth and seventh innings to drag the field. If there is no rain in the forecast, he is often out of the stadium before many of the fans get to their cars.

His experiences in the job have made him a bigger baseball fan than ever.

"Getting to see all of the players up close the way I do is a real honor," he said. "Only a few people are lucky enough to have that kind of a chance. It's neat seeing them interact with people before the gates are even open."

"The first year I didn't say much to them but for the most part the players are very, very friendly and a lot of them like to joke around. My favorite player is Mark McGwire because of his home run hitting. I've seen all of his home runs at home. But the friendliest guy on the team is John Mabry. He's by far one of the craziest guys on the team."

Forneris also roots with some extra intensity for Delino DeShields, Ray Lankford, Matt Morris and Cliff Politte.

"Those guys are all on my fantasy baseball team," Forneris said. "I'll let them know I

'Getting to see all of the players up close the way I do is a real honor. Only a few people are lucky enough to have that kind of a chance. It's neat seeing them interact with people before the gates are even open.'

Forneris
Busch Stadium groundskeeper

need some help every now and then."

Forneris missed just one game last season and will probably miss just one or two this summer.

"Last year I missed a game because of my brother's graduation," Forneris said. "This year it will be because of my graduation."

SIUE gets berth in NCAA, plays at Ashland (Ohio)

Special to the Journal

After coming so close to a NCAA berth a year ago, Southern Illinois University-Edwardsville women's softball coach Sandy Montgomery decided not to ride the emotional rollercoaster this time around.

But the Cougars season is still on the rise.

The team has been invited to play in the 1998 NCAA Division I softball championships. The Cougars were one of 32 teams selected to play in the double elimination national championship tournament.

SIUE (36-21 and 22-5 in the Great Lakes Valley Conference competition) opens the first round 12:30 p.m. Friday against Ashland University in Ashland, Ohio.

"This has been an up and down year for us, but I'm very happy," Montgomery said. "I think we were deserving of the honor, and it's an exciting time for the team."

SIUE and Ashland will be joined in the Great Lakes regional tournament by the second-seeded University of Southern Indiana and third-seeded Ferris State University.

"I feel we have as good as shot at anybody of advancing out of our regional," Montgom-

COLLEGE SOFTBALL

ery said. "We beat Ashland and USI already this season. We are well rested. And we are excited about our chances."

McKendree advances

After winning the American Midwest Conference tournament, the McKendree College softball team is moving on to the regional tournament.

The top-seeded Bearcats (28-11) face No. 8 Briar Cliff (Iowa) at 10:30 a.m. Thursday in a first-round game at Rainbow Softball Complex in Columbia, Mo. The winner of the two-day, eight-team tournament earns an automatic berth in the NAIA national tournament, May 19-22 in Tulsa, Okla.

McKendree took a No. 2 seed and a No. 13 national ranking into the regional and had to win twice against top seed William Woods, ranked fourth in the nation.

"We won it the hard way since we lost 2-1 to Columbia (College) in our first game," said first-year Bearcats coach Evelyn Bean. "We had to come back through the losers bracket, but we beat Hannibal (LaGrange) 9-0 and beat Missouri Baptist 6-3 in nine

innings. Then we beat William Woods 4-2 and 9-5.

"Teamwork has been the key for us. There's not one area or one player that stands out, but everybody is real fundamental and does their job."

Senior right fielder Jessica Augustine (Mascoutah) has been a leader for the Bearcats with a .407 batting average and a .678 slugging percentage.

"Jessica has had a great year," said Bean, whose team lost 8-0 and 3-0 to William Woods in the offseason. "She's our No. 3 hitter and leads us in about every category. She has nine assists from the outfield. She has 28 RBIs and is tied for the team with Sharon Marquadt (a junior third baseman from Valmeyer). Sharon is batting .353 with a .555 slugging percentage."

"(Sophomore second baseman) Danna Gilbert is batting .380. She missed the first half of the season because of basketball, but she has 30 hits and can slap and bunt the ball. She has three triples, so she also has a little pop."

Jackie Behnenstiel (a senior left fielder from Lebanon) is our No. 5 hitter. She's batting .305 with 16 RBIs."

McKendree's freshman pitchers have been equally effective. Erin Tabing (Coulterville) is 15-4 with a 1.61 ERA and has held opponents to a .213 batting average. Amie Touchette (Cahokia) is 12-6 with a 2.46 ERA; opponents are batting .257 against her.

•SIUE

(Continued from Page 1B)

.351, so they have literally obliterated that mark.

The Cougars top three pitchers — Rob LaMarsh, Aaron Rakers and Ryan Cox — have combined for 15 victories to go along with just two losses.

"We've hit exceptionally well," Collins said. "We've had a lot of guys who have had great seasons. To be hitting .370 as a team is pretty darn unusual. Our pitching has been good also. Our bullpen has been good."

"What is it going to take? I think what we have got to do is win one of the first two games. I think our second-line pitching and our relief pitching is much better than I what I have seen on the other teams. If we can keep from being swept in the first two, it will give us a good chance."

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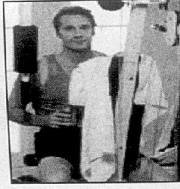
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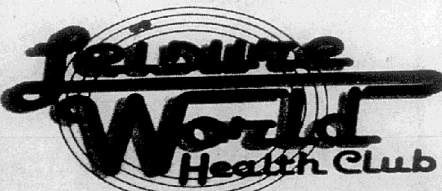
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participant's bothersome joint and a consultation with an orthopedic surgeon.

Registration is required. Please call 798-3201 for more information and to register.

Program schedules drug, alcohol video

The Addictions Service Program at St. Elizabeth's Hospital in Belleville will sponsor a Family Education Program today on the seventh floor of the hospital.

The video, "How to Stop the

One You Love from Drinking and Using Drugs," will be shown at 7 p.m. This video helps families understand how they can intervene when someone has an alcohol or drug problem.

Lifeline program assists 1,000th patient

Lena Rash is 100 years old and lives alone in her three-bedroom home in Madison. She made all her own clothing until recently, and still sews quilts as a hobby.

Rash enjoys her independence and has been relatively healthy, until last December.

"The last day of December I fell," she said. "I wasn't dizzy or anything, I just fell. I passed out and hit my head. I almost busted my brains out. I couldn't get up and had to

crawl to the phone. I pulled on the cord to get the phone and called my daughter, Doris."

After spending several days in a hospital receiving treatment for a concussion and a blood clot, Rash returned home. She would soon be alone no more.

At her family's request she enrolled in the Lifeline program at St. Elizabeth Medical Center in Granite City.

A person in this program wears a small button-like device that when pressed, activates a unit called a commu-

electronically to lifeline monitor who assesses the situation. The monitor then calls a friend or neighbor of the person, or in more serious instances, calls for professional help or medical services.

Granite City resident Ruby Corbett, 86, has been a Lifeline subscriber since 1983 and attributes the program with saving her life a number of times over the years.

"Lifeline has been a guardian and a savior for me several times," Corbett said. "I would be in a nursing home if I didn't have it. It's been a blessing to me."

There are currently 136 people in the program at St. Elizabeth, but there have been many more in past years. According to Pat McKee, office coordinator for Patient Care at the center, Rash is the 1,000th person to receive the push-button unit.

"Lifeline gives people the independence they need to stay in their homes," McKee said.

"It gives their families peace of mind knowing they're only a button push away from help." For more information on the St. Elizabeth Medical Center Lifeline Program, call McKee at 798-3018.

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NEWS COMMUNITY CALENDAR

Editor's note: Each week, the Community Calendar contains items for the upcoming week only. Groups that meet every week will be listed the first and third weeks of the month only.

Dance

The AMERICAN ASSOCIATION OF RETIRED PERSONS Chapter 1340 is holding its May Dinner Dance starting at 5 p.m. May 13. Dinner starts at 6 p.m. and is catered by Jerry's. Dancing starts at 7 p.m. with entertainment by Jerry's Kids. Cost is \$6 for paid members, \$8 for guests. Those 50 and over are welcome. For more information, call 876-3020.

Food/Nutrition

POLISH PIEROGI SALE, Sacred Heart Polish National Catholic Church, 630 Reynolds, Madison, 9 a.m. to noon, first Saturday of each month. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, gummy pudding and taco. Carry-overs only, \$8 per dozen. Cooked and ready to heat and eat. Also Chriscutti and rossettes. Order ahead by calling 876-5865, 876-3696, or 931-3367.

Health/Exercise

ST. ELIZABETH MEDICAL CENTER'S BEHAVIORAL HEALTH SYSTEM is presenting a talk entitled, "Managing Your Everyday Stress — You've Got to Have Fun!" at 7:30 p.m. May 12. The speaker will be Ellen Plotner, CTRS., of the Behavioral Health System. The talk will be held in the Wiesman Room at SEMC. The talk is free and open to the public. For more information or to register, call 798-3888.

Organizations

The next meeting of the KOREAN WAR VETERANS ASSOCIATION will be 7 p.m. May 11 at the VFW Post Home, 5325 N. Illinois St. In Fairview Heights. Anyone who served in Korea from 1945 to the present or anytime during the Korean War era (June 1950 to January 1955) is eligible to join. Meetings are held on the second Monday of every month.

GRANITE CITY BUSINESS AND PROFESSIONAL WOMEN, meeting at Jerry's Cafeteria, Dinner at 6:30 p.m., third Wednesday of each month, followed by a program at 7:15. Open to the public. For more information call 452-5391 or 451-8914.

NOON NETWORKING FOR WOMEN, third Wednesday of each month, noon to 1 p.m., Ramada Inn in Fairview Heights. Cost is \$10 (no alcohol). Please feel free to bring your business cards and brochures. Bring a friend and get a new lunch at Noon Networking.

SONS OF CONFEDERATE VETERANS, a hereditary group for descendants over age 12 of Confederate veterans, meets every third Thursday of every month at Ravanelli's Restaurant in Granite City. Call 877-3065 for more information.

THE SARAH AND DORCAS CIRCLES OF CHRISTIAN WOMEN'S FELLOWSHIP meet at 9:30 a.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 831-2098.

THE RUTH CIRCLE OF CHRISTIAN WOMEN'S FELLOWSHIP meets at 7 p.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 831-2098.

LYDIA CIRCLE of Nameoki United Methodist Church meets at 1 p.m. the third Thursday of each month. For more information phone, 877-1936.

CAMERA EXPLORERS CLUB, Hartford Public Library, 143 W. Hawthorne St., 7 p.m., third Monday of each month. Call Beverly Zager, 254-9364.

TOASTMASTERS INTERNATIONAL meets the first, third and fifth Tuesday of the month from 7 to 9 p.m. at Shoney's, Highway 187 (aka Commerce Drive), Collinsville. Come join us for better communication and leadership skills. For more information call 692-6020 or 344-2896.

BURT - BUBBLEMASTERS UNDERWATER RESCUE TEAM meets at 7 p.m. the third Wednesday of each month at 4964 Old Alton Road next to the Mitchell Fire Protection Department. Tours are available by appointment, 831-8317 or write to the above address.

NEW HOPE CHAPTER 432 ORDER OF THE EASTERN STAR meets at 8 p.m. the first and third Fridays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

TRIPLE LODGE 835 A.F. and A.M. meets at 7 p.m. the first and third Wednesdays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

NAVY MOTHERS CLUBS OF AMERICA, meet at 7:30 p.m. the second Thursday of each month at the Veterans of Foreign Wars Post in Granite City. Mothers, fathers, daughters, wives or sisters of former and present Navy Marines, Coast Guard or Navy Seals are encouraged to join. For further information, call 931-2282 or 876-2209.

GRANITE CHAPTER 850 ORDER OF THE EASTERN STAR meets the second Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

DOWNTOWN NEIGHBORHOOD RESTORATION SOCIETY, 8 p.m., second Friday of each month, Granite City, 876-7715.

Seniors

PONTON BEACH SENIOR CITIZENS meets the third Tuesday of each month, 7 p.m., 3910 Highway 111, Pontoon Beach.

Support Groups

PARENTS ANONYMOUS GROUP, meets 5:30 to 6:30 p.m., first and third Thursday of each month. For information on where meeting will be held, call Elaine Searcy at 462-2714 or Lyle Cumberly at 876-2382.

ALZHEIMER'S SUPPORT GROUP meets from 8:30 to 8 p.m., third Thursday of each month, in the President's Room, inside Bonaventure's Cafeteria, on the ground floor of St. Elizabeth Medical Center, 2100 Madison Ave. The group focuses on addressing the questions and concerns of care-givers and family members of people with Alzheimer's. All meetings are open to community members. Call 798-3018 for more information.

SOUTHERN ILLINOIS DIVORCED AND SEPARATED CATHOLICS meets at 7:30 p.m. the second Friday of each month (September through May) at St. Boniface School, 128 N. Buchanan, Edwardsville. Call 465-1463.

RIVERS OF WATER WORSHIP CENTER SUPPORT GROUP, meets the first and third Saturday of each month, at 1307 Madison Avenue, Madison, 9:30 to 11 a.m., to comfort

and restore. Group membership is open to all who are "broken" — at no cost. Worship service will follow each third Saturday at 11:30 a.m. South New Ballas Road, 10 a.m. For more information, call 341-3643 or 656-7831.

OBSESSIVE/COMPULSIVE DISORDER SUPPORT GROUP, meets the third Saturday of each month, at Von Gontard Conference Center at St. John's Mercy Medical Center, 615 South New Ballas Road, 10 a.m. Meeting is free and open to OCD patients, family and friends. For information call (314) 842-7228.

PROSTATE CANCER SUPPORT GROUP, 3 to 4:30 p.m., third Sunday of each month, at Central Christian Church, 2020 Johnson Road, Granite City. The group, men only, will meet in the church's Terrace Room, enter through the Fellowship Hall door on the east side of the building. There is no charge. For more information phone Roger Zollars, any evening, at 656-5436.

LUPUS ERYTHEMATOSUS SUPPORT GROUP, sub-chapter of Illinois Lupus Foundation, 7:30 p.m., third Tuesday of each month, Memorial Hospital auditorium, Belleville, 233-7750, extension 5860.

PARENTS OF MURDERED CHILDREN, St. Louis Chapter, 8 to 10 p.m., third Tuesday of each month at the American Cancer Society Building, 4201 S. Grand Blvd., St. Louis. For more information call 452-2149 or (314) 391-2230.

(See CALENDAR, Page 78)

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NEWS

Amphitheater plan dropped as land option expires

By Becky Vollmer
Telegraph staff writer

Land near the intersection of New Poag and Bluff roads is

no longer the target for a proposed amphitheater. The Sonic Group, a Florida-based company that had proposed a reincarnation of the

old Mississippi River Festival, announced in a press release Thursday that it had let expire its option to buy the nearly 82-acre tract near the campus of

Southern Illinois University at Edwardsville.

"The decision to allow the option to expire was a straightforward business decision," Sonic spokesman Jim Grandone said in the release.

"We believe that we have identified sites that, from a business perspective, offer greater access and visibility than the one near the SIU campus."

A group of opponents breathed a collective sigh of relief.

Sonic's announcement didn't come as a surprise to many. Many officials and residents had already considered the issue practically dead. The group indicated nearly two months ago that it was looking

at other sites.

Plans announced formally at a public hearing Jan. 8 called for an amphitheater that could seat between 10,000 and 12,000 people.

Because the property at Bluff and New Poag is not within Edwardsville's city limits, aldermen had been asked to approve its annexation. People who live near the proposed site launched an opposition campaign, and claimed victory Thursday.

"I'm overjoyed that it's over, at least for this site," said John Quinn, who led the opposition group Neighbors for Amphitheater Awareness.

The grass-roots organization, which was supported primarily

(See PLAN, Page 9B)

Gateway season set to begin

After an incredible year in 1997, Gateway International Raceway's new season thunders to life in May, and the best drivers and machines are set to return to Madison.

The "majors" begin May 21-23 with the Motorola 300-Cart/FedEx Championship Series. Paul Tracy will defend his title as the winner of 1997's inaugural race. Defending champions Alex Zanardi, Jimmy Vasser, Al Unser Jr., Michael Andretti, Bobby Rahal and all the Cart stars will kick off the Memorial Day weekend with high-speed thrills on the 1.25-mile oval track.

The second Annual NHRA Sears Craftsman Nationals, June 25-28, will present the Top Fuel Dragsters and Funny Cars along with Pro Stock motorcycles, trucks and "factory hot rods" adding to the action. The biggest stars in NHRA Winston Cup Drag Racing will be there.

Then on Sept. 17-19 the oval becomes the latest stop on racing's hottest new circuit, the NASCAR Craftsman Truck Series, a 200-mile 160-lap event of raw power. Emerging stars Mike Skinner, Rich Bickle and Kenny Irwin Jr. have made the trucks their stepping stones to the NASCAR Winston ranks. The stars of the NASCAR Busch Series, Grand National Division, return for the '98 CARQUEST Auto Parts 250 on Oct. 15-17. This event is to be televised nationally by CBS. The NASCAR Busch teams will be pulling out all the stops as the race for the championship reaches "now or never" excitement.

Reigning Busch Series champion, Randy Lajoe, will compete with Elliot Sadler and his brother Hermie, Buckshot Jones, Dale Earnhart Jr., Tiny Stewart and Mark Green, and along with series veterans like Phil Parsons.

For tickets, call (888) 827-7333 or for lodging call (800) 300-7646.

Firemen's picnic set for Swansea

By Kimberly Haas
Staff writer

From rides to music, the Swansea Firemen's Picnic will have a little bit of everything.

The annual event begins Friday at Mel Price Park in Swansea and goes until Sunday. Proceeds from the event go to the Swansea Fire Department.

The department purchases smoke detectors, batteries, and other necessities with the monies, said Chief John McGuire. Last year, the department put the proceeds toward the purchase of a CAIRNS Iris handheld imager, McGuire said.

The imager allows firefighters to detect sources of heat and possible victims in a fire.

The picnic is scheduled for 5 p.m. to midnight on Friday, 1 p.m. to midnight on Saturday, and 10 a.m. to 5 p.m. on Sunday.

On all three days, live bands will be performing at the park. The band Midnight Drive will perform from 7-8 p.m. on Friday and Second Shift will perform at the same time on Saturday. On Sunday, The Wanted will perform from 5-9 p.m.

Visitors will also have a chance to test their own vocal chords during karaoke from 2-5 p.m. on Saturday and Sunday.

Advance ride tickets can be purchased until Thursday at several locations in Swansea, including Dairy Queen, Schnucks, Tribouts, and the Government Center. Twenty tickets can be purchased for \$8 before the picnic. Rides will be provided by Luhrs Ideal Rides Inc. of Highland.

Visitors can also tempt their taste buds with bratwurst, fish, and shish kebab at the picnic.

"There is going to be all kinds of food there," McGuire said. "We hope everybody comes out and has a good time."

Calendar

(Continued from Page 6B)

SPOUSE SUPPORT GROUP, sponsored by Niemski United Methodist Church, meets the third Tuesday of each month. For meeting time and place, call the church at 977-1958.

SOUTHERN ILLINOIS DIVORCED/SEPARATED CATHOLICS will meet at 7:30 p.m. May 8 at St. Boniface School, 120 N. Buchanan, Edwardsville. This topic will be spirituality of Native Americans. Newcomers are welcome. For information, call 465-1463.

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First Line Home Equity	\$36,500	7.5%	\$360
Total	\$36,500		\$360

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Mail entries to: Suburban Journals Deadline May 18

TIX TO MUSIC - CONTEST
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Re-releases draw new, old crowds

By Kevin Carbery
Correspondent

The re-release of old movies is nothing new. However, the tremendous success of the re-release of the "Star Wars" trilogy last year brought new attention to the showing of film classics in theaters.

I know there are people who feel it is a waste of time and money to pay to see an old movie picture at a cinema. However, in spite of the nuances of other people talking and high concession prices, it still is worth it to view a good movie on the big screen.

I have greatly enjoyed seeing such cinematic gems as "Citizen Kane," "The Manchurian Candidate" and "Lawrence of Arabia" during their re-releases in movie houses. I was sorry I missed "The Godfather" when it was re-released. I grew up going to all the re-releases of the Disney films as they came to theaters in town.

There is a danger, though, of movie studios getting overzealous about re-releases after what the "Star Wars" movies took in last year. "Grease" really need to be re-released back to cinemas? I mean, the scope of the Sahara in "Lawrence of Arabia" is brought out on a large screen, but why do you need anything bigger than a TV to take in people dancing on top of cars?

What's next? Will they trot out "The Ghost and Mr. Chicken"? "Howl's Moving Castle"? "Electric Blue"? Will they re-release Kevin Costner's "The Postman" in 15 years? I hope not.

There is no question that the overhyped, overrated "Titanic" will one day get a re-release. That is, if they ever end its first run. There is no jus-

tice in this world.

Anyway, the topic of this week's trivia is classic films that deserve to be seen on large screens.

1. Who was the leading lady in the 1933 version of "King Kong"?
2. Who plays the Cowardly Lion in "The Wizard of Oz"?
3. The lines "The problems of the world are not my department. I'm a saloon keeper," come from which film?
4. What character does Jack Nicholson play in "China Town"?
5. Which of the Marx Brothers operates a switchboard during a hilarious scene in "A Day at the Races"?

6. The Hitchcock film "Rear Window" is set in which city?
7. Who plays the suitor pursuing Jack Lemmon in "Some Like It Hot"?
8. Who won an acting award for his performance in "Stagecoach"?
9. Who plays Hawkeye in the movie "MASH"?

10. The concentration camp in "Schindler's List" is set in which country?

Answers: 1. Fay Wray, 2. Bert Lahr, 3. "Casablanca," 4. J.J. Gittes, 5. Groucho, 6. New York City, 7. Joe E. Brown as Lemmon impersonates a woman to avoid gangsters, 8. Thomas Mitchell received a Best Supporting Actor Oscar for playing a drunken doctor in the John Wayne classic, 9. Donald Sutherland. Many people today do not even remember the film because of the TV show, but it is a great movie, 10. Poland.

Kevin Carbery can be heard as a regular on "The Trivia Coast-to-Coast Show" from 8 to 11 p.m. Sundays on radio KMOX-AM (1120).

HOROSCOPE

WEDNESDAY, MAY 6

This evening brings a shift from the comfort of a Cancer moon to showy Leo. Sing, dance, play!

However, these playful feelings may arise late in the day, as the moon moves out of a difficult aspect with both Saturn and Mars in Aries.

A late movie, a romantic moonlight walk or a video night with lots of popcorn would fit the bill.

TODAY'S BIRTHDAY (MAY 6). Collaborate with others and you get money for the brilliant ideas that spring forth. Taking consistent action through the next three weeks is your ticket to success.

Old loves, former employers and past associates give you the chance for a financial windfall in July.

Annoying co-workers leave, giving you a promotion in January.

Love a younger Taurus or Aquarius. Marry in May or January.

ARIES (March 21-April 19). Hold out for the very best offer. Wait for partners or colleagues to make the first move. Adjust financial expectations. Money is not being spent the way you want. Flirtations lead to new love.

TAURUS (April 20-May 20). Cooperation between you and your mate can help the financial situation along nicely. Don't churn over a friend's rudeness — no harm was meant. A friend knows something you don't.

GEMINI (May 21-June 21). Advance your educational goals. Things that make sense to you don't to others. Live by your own standards. Money flows when you work at something you love. Temporary compliance brings luck.

CANCER (June 22-July 22). Carry out a change that will add dimension to your life. Assume responsibility. Children come to live with you. Postpone announcements until the time is not right. Ideas appeal to higher-ups.

LEO (July 23-Aug. 22). Being stubborn is an asset. Home makers need to re-evaluate their self-esteem. If you need someone, you are at his or her mercy. Replace theory with practical ideas. Luck comes through relatives.

VIRGO (Aug. 23-Sept. 22). Alter your career goals slightly. Discipline is fine, but you can make yourself relax more. Club activities lead to money or new business. Clients adore your ideas. Your technological expertise intrigues others.

LIBRA (Sept. 23-Oct. 23). Your compassion makes you an ideal administrator. Management policies what you accomplish. Mothers get child-care solutions from surprise.

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sources. Diversify investments. SCORPIO (Oct. 23-Nov. 21). Job seekers find new career potential. In love, a Gemini leads you on. Precise instructions prevent costly errors. Do expense accounts now. Follow suggestions.

SAGITTARIUS (Nov. 22-Dec. 21). Recommendations bring special treatment. Send letters — you get fast responses. Be calm with children. Heed a warning. New loves are hiding true feelings.

CAPRICORN (Dec. 22-Jan. 19). Raises, new accounts and bonuses enrich you. Pamper yourself and loved ones. How you look is important. Careerists need professional guidance.

ance. Meetings are lucky. AQUARIUS (Jan. 20-Feb. 18). A burst of energy allows you to make up for lost time. Teachers and superiors are lenient. Landlords make exceptions. Attend musical events. Luck comes through a brother or sister.

PISCES (Feb. 19-March 20). Give a current love more room. Expand your circle of friends, and your life becomes more adventurous. Relatives have compelling reasons for actions. Teens need freedom and fewer rules.

Horoscopes have no basis in scientific fact and should be read for amusement only.

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'Big River' opens Thursday

The Looking Glass Playhouse in Lebanon will present the Tony Award-winning musical "Big River" beginning May 7. This musical adaptation of Mark Twain's classic "Adventures of Huckleberry Finn" takes the audience on a raft down the Mississippi River, introducing a cast of characters that has made Twain's work a favorite for generations.

The production features Belleville residents Charlie James and Tommie Shelby in the title roles of Huck and Jim. Other cast members include Jim Sabin of Lebanon, Mike Smith of Scott Air Force Base, Vicki Durham of Highland, Lynda Krogh of O'Fallon and Richie Zimmermann of Highland as Tom Sawyer. "Big River" is directed by

Don Urban with an administrative staff that includes Launa Sala as assistant director, Roger Junk as musical director and Gigi Dowling Urban as choreographer.

"Big River" will run for two weekends. Tickets are \$7.50.

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NEWS

Bi-State schedules public hearing

By Mark Hodapp
Staff writer

The Bi-State Development Agency will hold a public hearing this month in Belleville to discuss a proposed rate fare hike. The hike would result in a 25 cent increase for adults and a 10 cent increase for the elderly, disabled and children.

Bi-State will hold a public hearing at 7 p.m. Wednesday, May 27, in the St. Clair County government building to discuss the proposed rate increases, tentatively scheduled for implementation Aug. 3.

Bi-State spokesman Tom Sturgess said the proposed increases — the first since 1991 — are necessary because of an expected \$9 million gap in revenue and expenses.

"We haven't found any other way to close that gap," he said.

Sturgess said fares make up about 25 percent of the agency's revenue. He said much of the problem was shrinking federal funding for operating costs.

In the 1970s, he said the U.S. government provided approximately \$24 million annually to operate the bus system. By the 1980s that subsidy had decreased to about \$10 million, and this year they expect to receive only \$800,000 for operating expenses.

While federal subsidies have decreased dramatically, other funds have remained constant. Bi-State Executive Director Thomas Irwin said a number of options are being considered, including the possible reduction of some services.

"The agency, like individual households or businesses across the region, must have adequate income to pay its bills," Irwin said. "We cannot continue to maintain the same service levels given inflationary and flat operating funds."

Bi-State has been surviving by small service reductions, hiring and salary freezes, operation efficiencies and innovation.

According to Bi-State, fees would increase to \$1.25 for the adult fares — local and

express — and light rail services operated in Missouri, and Madison and St. Clair counties. A reduced fare would increase from 50 cents to 60 cents.

Bi-State also is proposing an increase in one day, weekly and monthly passes as well as student tickets.

In addition, fares for persons with ADA cards will increase \$2 to \$2.50 for the first zone, and 20 cents for any additional zones. The fares for adults using Call-A-Ride would increase from \$3 to \$4 per zone.

Citing dramatic decreases in federal operating funds, Madison County Transit District officials may be following in the footsteps of the Bi-State Development Agency in seeking rate hikes.

MCT Manager Jerry Kane said his agency would be looking at rate increases in the near future, and the subject may come up next month.

"We don't want to do it, but we have to do something," he said.



The Rev. Caren Culleen and children at her going-away party.

Church members honor Culleen with party

On March 29, Central Christian Church held a going-away party for the Rev. Caren Culleen and her husband, who are moving to Cleveland, Ohio. Rev. Culleen's last day with Central Christian Church was Easter Sunday.

Following morning worship, the congregation moved into

Memorial Hall where a finger-food luncheon was served. The chairperson of the church council presented Culleen with a memory book, which was designed and decorated by Lena Seitzer. The book included messages from church members, pictures and news articles of events in

which Culleen was a major participant.

The children and youth shared their talents and their tributes to her in two presentations. In the first one, the children held up the letters which spelled Rev. Culleen's name. Each child holding a letter told something about her. They

Plan

(Continued from Page 7B)

by residents of the west end of Edwardsville, spent months compiling information on various aspects of the proposed amphitheater — including the impact of noise and traffic.

When asked if his group planned to share that information with the Edwardsville City Council, Quinn told members of the group, "I want to hold on to this just in case this isn't over. I don't want to let the

cat out of the bag until we know for sure this isn't going to affect us somehow."

While many opposed the amphitheater idea, others embraced it.

The idea won the support of the Edwardsville/Glen Carbon Chamber of Commerce, as well as some city officials.

"I think it would have been an asset to the community, rather than a detriment to the community," Alderman Rich

Madison said.

Madison's 2nd Ward would have gained the property if it was annexed.

"I hope they're able to find a suitable site and continue with their project. I think it's worthwhile."

Sonic officials said Thursday the final site for the proposed amphitheater, which is expected to cost \$13 million, will be announced later this year.

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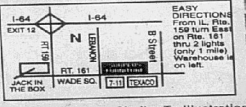
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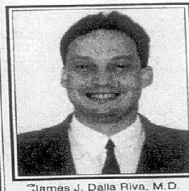
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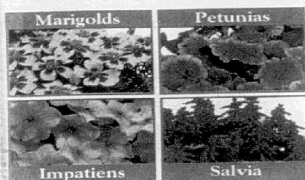
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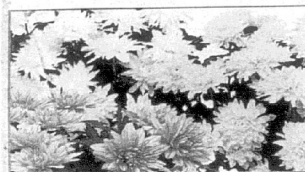
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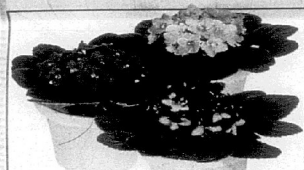
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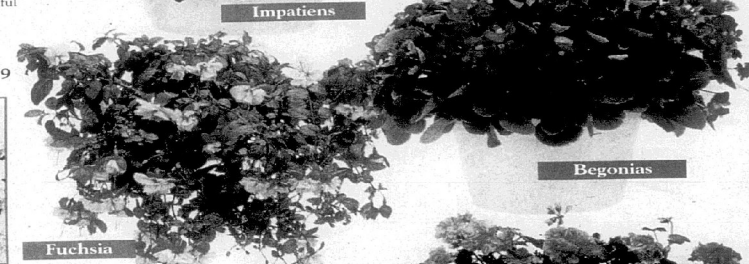


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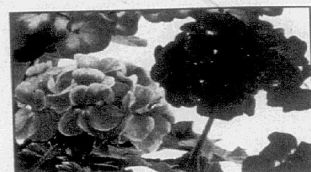
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Today's Food

Wednesday, May 6, 1998

Food & Nutrition

Wise Ways

Herbs, like thyme, are eager to please as ground cover, as well as flavoring for foods of many cuisines.
INSIDE

Heart-y Bites

Follow mom's advice and cook more vegetables. Only do it the modern way and skip lengthy preparation.
INSIDE

Blue Ribbon Cook

Ham and broccoli become cool team in winning salad with a creamy, tangy dressing.
INSIDE

Test Run

Beans blow sky-high on the popularity list. Bean salad, baked beans, campfire beans take a bow with other flavored varieties ready to eat straight from the can.
INSIDE

Micro Raves

Looking for a superhero that can turn things around for the better in the kitchen? Try vinegar for a leap of oomph in a single bound.
INSIDE

Lively Taste

Young spinach leaves make beautiful, delicious salads. Combine well-cleaned spinach with orange sections and serve with a flavorful tropical dressing. Blend 1/4 cup mango chutney with 2 teaspoons lemon juice, 3 to 4 tablespoons reduced-sodium chicken bouillon and 1 to 2 teaspoons oil.

Health & Fitness

Medicine Chest

Dilemma for the day: Which person in a household should brush with which toothpaste from the shelf?
INSIDE

Fresh Picks

Citrus Berry Ice is light, tasty and not overly sweet. In a saucepan, soften 1 envelope unflavored gelatin in 1 cup orange juice and 3 tablespoons lemon juice. Add 1-1/2 teaspoons grated lemon rind and 1/4 cup sugar. Stir over low heat until gelatin and sugar are dissolved. Let cool. Stir in 1-1/2 cups mashed fresh strawberries and 1/2 cup unsweetened applesauce. Pour into shallow pan. Cover and freeze about 4 hours until firm.

Big Fat Tip

Heading to a steakhouse this weekend for a family get-together? There are ways to hold the line on fat in the restaurant. Those ordering steak from the menu usually find the smallest filet mignon without bacon holds the least amount of fat. The portion probably is larger than the recommended three ounces, or deck-of-cards size, so set some extra aside to take home for lunch or dinner the next day. Grilled shrimp, without butter or sauce, is often served at this type of restaurant, too. Beware of nutritious potatoes that have been fried, as well as butter or sour cream for topping a baked potato. When it comes to salad, skip the cheese and use a small amount of low-calorie dressing or stick to fat-free dressing.

Future Shop

Paper or plastic? Back in ye olde days -- like 1982, when paper bagged 95 percent of the nation's groceries -- there was no option or competition. A survey last year found 40 percent of consumers rapped plastic and still prefer paper, but the fact is paper bags wrap up only about 20 percent of groceries. A plastic bag costs about half as much as a paper one.

Happy Day,

Mom!

By Janice Denham
Staff writer

On Mother's Day wake up mom to breakfast in bed or put a rose on the table and gather the clan to celebrate together. Pancakes and fruit topping are one of her favorite breakfast treats. Whether the family is strictly a from-the-box pancake-starter group or delights in a weekend ritual of making scratch pancakes once a week, pancakes are a nourishing way to start the

day. Mom will flip over them if she doesn't have to cook them.

A personal touch enhances pancakes made from a mix. Add chopped banana or strawberries or add a few blueberries. Use a little milk in place of orange juice. Toss in a few tablespoons wheat germ or soy flour. Give the batter subtle oomph with a tablespoon of honey, teaspoon of vanilla or pinch of cinnamon.

Mom will be sure to know if the kids are calling the shots if pancakes on her plate in rosy in hue. Gently

SEE HAPPY DAY, INSIDE TODAY'S FOOD PAGE 2

Mom's

A mom has many joys in life, but often memorable events involve her sharing and enjoying food with you and your family and friends.

Some of these events were inspired by her cooking bible, often a "Joy of Cooking" cookbook. As a tribute to mom during her Mother's Day celebration month, pass along a favorite story about your mom's or your own edition of "Joy."

It may have had the only recipe for apple pie the family ever liked, its page for meatloaf may be spattered or worn out or it may have gone up in flames when it somehow touched the edge of a burner. It may be the treasured one you use today because she gave it to you for your wedding.

The brand new edition of "Joy of Cooking" -- authored by Irma S. Rombauer, Marion Rombauer Becker and updated by Ethan Becker -- will be

'Joy'

awarded for the best story about Mom's "Joy" with cooperation between Barnes & Noble Booksellers and *Suburban Journals'* Today's Food. Tell the story in no more than 150 words and fax it to (314) 821-0843 or send it to: Mom's "Joy," Suburban Journals, 1714 Deer Tracks Trail, St. Louis 63131. Entries must be received by May 18.

Another book prize for the most well-loved copy of "Joy of Cooking" will be awarded at a "Joy"-ful celebration at 11 a.m. Saturday, May 23, at Barnes & Noble, 8871 Ladue Road (at Interstate 170). The book may be the oldest (the first edition was printed in 1931), the most worn, the most squiggle-ridden in the margins or whatever. Just bring it to the book party, to be held in the book store's cafe, so judges can see how well-loved it really is.

MAMA'S KABOBS

Moms do not live by pancakes alone on Mother's Day.

For a snack, side dish or salad, thread fruit on kabob sticks. If desired, put strawberry or white chocolate raspberry yogurt in a small bowl for dipping. Small children can put a single piece of fruit on a toothpick for quick, efficient one-bite results.

Kabobs can be made ahead and covered with plastic wrap, if desired, for refrigerating a couple hours. If fruit will be held more than 30 minutes before serving, dip chunks of banana, apple or pear in pineapple juice from pineapple chunks (fresh or canned) to keep them from browning. Other possible fruit: strawberries, grapes, cut-up mango or papaya, chunks of kiwifruit or orange.

Kids' Cuisine



Today's Food

Test Run



Beans come in flavors never advertised in Jack and the beanstalk's era.

Flavors would surprise Jack on his beanstalk

With summer around the corner, baked beans will be a regular commodity on the picnic table. However, today's world of beans has matured to appreciate their individual flavorings and how they are seasoned in cuisines around the world.

To widen that perspective, five beans were sampled in a variety of brands that offered colorful variations on the theme. All brands are available in other flavors as well. Prices were all under \$1 at Shop 'N Save for a can holding about 16 ounces.

Trappey's jalapinto pinto beans were the lightest in color. "They had the most real-bean flavor," a tester said. "The sauce is more separate from the bean, which offers a lot of contrast in a bite. Their flavor differed most from the others. All the others were more reddish or barbecued in flavor to me."

Several echoed the idea. One said the albatrinos have flavor, "but don't bowl you over."

"While the pinto beans themselves are kind of bland but firm, the sauce is interesting and flavorful. I think these beans would be fine mixed with something else to give them a little body," another added.

On the hottest end of the other four was Bush's Chili Magic chili starter in the Mexican recipe. Meant to be added to cooked ground beef and tomatoes, it had a

thick, red, flavorful sauce with a chili look. The beans were small, dark red pinto.

One taster agreed the extras were necessary, particularly to offset the sodium, which was twice the amount, 1,030 milligrams in ½ cup — in the other beans.

"But it would make an easy chili meal with nothing else needed for it," she said.

Another gave it high marks as "super spicy with firm beans and dark sauce with a lot of barbecue zing."

A milder variation was Bush's bold and spicy baked beans. Several testers called it their favorite. One said it already was her family's "standard" pork and bean choice. Another called its taste distinctive from the others he tried because "it was true to its name: bold and spicy."

A tester said, "Wow, the Bush's spicy beans were fantastic. They were spicy, but not too hot, and the bean flavor came through nicely."

The appearance of the beans appealed to another.

"There is a speckling that makes you wonder if it is the bean or the flavors, perhaps the caramelization or the seasonings. Whatever it is, it makes it look like a special variety. In flavor, it starts out mild, but ends with the boldness," she said.

Ranch Style beans, new

to the local market, is an old favorite, according to one tester, who moved here from Texas.

"Actually, this was better than I remember. It looks like they've improved from the old days in Texas. They're very spicy, which I do like. In fact, when I was younger, these were very tasty all by themselves, kind of like chili," he said.

These pinto beans were lighter in color, with a thick sauce. This variety had pieces of onion visible throughout the mixture, a tester said. "I enjoyed the thickness of Ranch Style Texas beans. They would certainly be a good hamburger cookout bean. It was not as flavorful as spicier versions of other beans, just with a mild, baked-beanish flavor."

A couple testers wanted to embellish them a little, if only for a slight compensation for the light color.

Last but not least was an old favorite, Campbell's baked beans. For several, it was like coming home. A pleasant surprise awaited others, including one who thought they had a "nice barbecue flavor."

"I had forgotten how flavorful these baked beans can be. They had a thick sauce, which contributed to the softness of the small beans. The softness could be a plus or a minus now that people have gotten used to eating more beans, like in Mexican food," she said.

Micro Raves

By BETTY SERATI

Vinegar is superman of kitchen for centuries

Vinegar is a super hero in the kitchen. A little is as strong as a hand pushing a wall of flavor; more than a little changes the entire nature of food by texture and flavor focus.

Vinegar long has been

considered a household staple in two basic varieties, apple cider and distilled white. It probably was discovered more than 10,000 years ago when, it was discovered, wine exposed to air turns sour.

Now vinegar is a gourmet specialty. Kitchen shops and grocery stores stock attractively shaped bottles filled with herbal blends and fruit or wine flavors that make hostess gifts of focused flavor and become decorative on their own.

"Ordinary" vinegar has wide non-food uses, from absorbing odor to cleaning carpet, fertilizing plants to conditioning hair. In the kitchen, vinegar perks up soup, tenderizes meat, makes cakes fluffy and is a must in salad dressing. Of course, there would be no pickles, mayonnaise or mustard without vinegar.

Vinegar is a convenience partner in microwave cooking.

• For chicken in a hurry, brush chicken pieces with balsamic or herbal blend vinegar and microwave on high power 7 minutes per pound.

• Add 2 teaspoons flavored vinegar to 2 tablespoons water when cooking fresh vegetables. Microwave on high power about 6 minutes per pound. The vinegar helps break down the cellulose of fibrous vegetables while adding zest.

• It helps tenderize meat that needs longer cooking time.

These examples of vinegar's flavoring capacity in chicken and green beans is a guide to incorporating its distinctive flavor in similar dishes.

Betty Serati specializes in microwave cooking.

VINEGARED CHICKEN DRUMETTES

- 4 tbsp. balsamic vinegar
- 2 tsp. oil
- 1 tsp. rosemary, crushed
- 1 tsp. tarragon, crushed
- 1 lb. chicken wing drumettes
- 2 tsp. honey
- ¼ tsp. pepper sauce
- ¼ tsp. salt
- ¼ tsp. pepper

In small bowl, combine 2 tablespoons vinegar, oil, rosemary and tarragon to make a paste. Coat chicken with paste.

Combine remaining 2 tablespoons vinegar, honey, pepper sauce, salt and pepper.

Place chicken on microwave-safe plate. Cover with waxed paper. Cook on high power 11 to 14 minutes until chicken is cooked through. Baste chicken with honey mixture halfway during cooking and again after cooking.

Note: Pork chunks can be cooked the same way. Cook pork on high power 8 to 10 minutes per pound until cooked through.

SWEET-SOUR GREEN BEANS

- 2 cups fresh green beans
- ¼ cup water
- 1 tsp. plus 2 tbsp. cider vinegar
- 3 slices bacon, cut in ½ inch pieces
- 3 tbsp. chopped onion
- 1 tsp. sugar

In microwave-safe casserole dish, combine green beans, water and 1 teaspoon vinegar. Cook, covered, on high power 7 to 8 minutes until beans are almost tender. Drain.

Cook bacon and onion on high power 3 to 4 minutes until brown and crisp. Stir in 2 tablespoons vinegar, sugar and cooked beans. Cook on high power 2 to 3 minutes until heated through. Makes 4 servings.

Happy Day

Continued from page 1
add food coloring by the dropful to the batter until it shows its new color. For brighter color, add a package (4-serving size) red gelatin to prepared pancake batter, using the boxed mix instructions for 12 to 16 pancakes.

According to the latest edition of "Joy of Cooking" (Scribner, \$20), skim, low-fat or whole milk can be used interchangeably in pancake recipes. For extra fluffiness, eggs can be separated and the whites beaten until stiff but not dry, then gently folded into the batter just before cooking. Pancakes made with egg whites only, using two

whites for a whole egg, will be a little drier.

If a large batch of pancakes is made, the first ones from the pan or griddle can be kept warm up to 20 minutes in a preheated 200 degree oven. The book suggests placing pancakes, one slightly overlapping the last, on a heatproof platter or baking pan with a cover of aluminum foil.

Maple or fruit-flavored syrup enhances fruit flavors on top of pancakes.

Another way to add fruit flavor to the meal is smoothies to drink. In a blender, process 1-1/2 cups plain low-fat yogurt, 1/2 cup orange juice, 1/2 cup wheat germ, 1 large ripe banana (sliced), can be frozen overnight for a thicker blend), 1 tablespoon honey, 1/2 teaspoon vanilla and 1/4 teaspoon cinnamon about 1 minute until smooth. Serve the mixture in 2 glasses.

To avoid cooking in the morning, mix an uncooked oat mixture, can be prepared and refrigerated.

ed, then fruit added when it is served.

In a large bowl, combine 1-1/2 cups uncooked quick or old-fashioned oats, 1/2 cup wheat germ, 1-1/4 cups orange juice, 1 can (20 ounces) crushed pineapple with its juice, 1 cup plain low-fat yogurt and 1 teaspoon vanilla. Refrigerated, covered, at least 8 hours or up to 4 days. Serve muesli cold with berries and a sprinkle of nutmeg on top.

Simplicity itself is a topping of 1 cup whipped topping or whipped cream mixed with 2 cups sliced fresh strawberries.

If raspberries are mom's favorite, cook and stir 1 package (10 ounces) frozen raspberries in syrup, thawed, with 3 tablespoons sugar and 1 teaspoon cornstarch until the mixture is slightly thickened. Stir in 1/4 teaspoon almond extract. Serve this topping warm, with almonds and fresh raspberries on top if desired.

BERRY-TOPPED WHEAT GERM PANCAKES

- 1 cup flour
- ½ cup wheat germ
- 1 tsp. sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- ¾ cup orange juice
- ¾ cup plain nonfat yogurt
- 3 tbsp. oil
- 1 egg
- 2 cups mixed berries

In medium bowl, combine flour, wheat germ, sugar, baking soda, baking powder and salt. Mix well.

In small bowl, combine orange juice, yogurt, oil and egg. Blend well. Add to dry ingredients, stirring until just moistened.

Heat nonstick griddle or skillet over medium-high heat or coat skillet with nonstick cooking spray. For each pancake, pour ¼ cup batter onto hot griddle. Turn pancakes when tops are covered with bubbles and edges look cooked.

Serve hot pancakes with berries. If desired, top with more yogurt and sprinkle with wheat germ.

Makes four (3 pancake) servings; 370 calories, 13 g fat, 55 mg cholesterol, 880 mg sodium and 4.5 g dietary fiber each.

CORNMEAL PANCAKES WITH HONEY FRUIT SAUCE

- ½ cup flour
- ½ cup cornmeal
- 1 tsp. baking powder
- ½ tsp. salt
- 1 cup milk
- 1 egg
- 3 tsp. honey
- 3 tsp. butter or margarine, melted

Honey Fruit Sauce
In medium bowl, combine flour and cornmeal, baking powder and salt. Mix well.

Combine milk, egg, honey and butter in small bowl. Mix well. Pour into flour mixture. Stir only until moistened; batter will be lumpy.

For each pancake, pour about ¼ cup batter into lightly greased or nonstick skillet over medium-low heat. Cook until bubbles form on surface and edges become dry. Turn over. Cook 2 minutes longer or until golden.

Honey Fruit Sauce: In medium saucepan, bring 1 cup orange juice, 1 apple and 1 pear, each peeled, cored and diced; ½ cup honey, and 1 teaspoon grated orange peel to boil. Reduce heat. Simmer 8 to 10 minutes until fruits are tender. Dissolve 1 tablespoon cornstarch in ¼ cup water. Stir into hot mixture. Cook and stir until mixture comes to boil. Simmer 1 minute.

Makes 4 servings; 392 calories, 7 g protein, 12 g fat, 68 g carbohydrate, 81 mg cholesterol, 621 mg sodium and 3 g dietary fiber each.

Wise Ways

By ELENA VICTORY

Herbals cover ground where grass wears thin

Great gardeners are not people who can make anything grow anywhere. Great gardeners are people who, doing battle with tough areas in their yard, are wise enough to learn to work with whatever the environment hands them.

Perhaps the best example is the eternal battle with green grass. Grass, in simple terms, obstinately refuses to grow where it is too shady, too compact, too dry or too wet. Instead of forcing grass to grow in these areas, a practical approach might be to cover those areas of the ground with something that appreciates the site.

Several wonderful herbs do the trick and keep weeds at bay. Use herbal ground covers to fill an existing bed, fill crevices between stones or control steep slopes that otherwise would need gravity-defying equipment to manage.

These perennial herbs do not just solve problems, but deserve individual merit as plants in their own right:

• Thyme (thymus spp.): Many diverse types of thyme can occupy sunny, dry spots in the landscape that are hard to reach with water. They are wonderful between stepping stones and rock gardens. Plant 12 inches apart and use a gravel

mulch to keep thyme leaves from touching the soil. Creeping thyme, woolly thyme, common thyme, crimson thyme, lemon thyme and mother of thyme tolerate light foot traffic and release a lovely scent.

• Roman chamomile (chamaemelum), yarrows (achillea spp.), lamb's ears (stachys), wormwood (artemisia spp.) and oregano (origanum) are taller ground covers that happily scramble down a slope and do not mind hot or dry soil.

• If moist shade is a problem, try low-growing sweet woodruff (gallium odoratum), violets, ajuga, dead nettles (lamium spp.) or false dead nettles (lamiastrium). Slightly taller choices include wild ginger (asarum), lungworts (pulmonaria) and goutweed (acropodium). Meadowweet (filipendula) and sweet flags (aruncus spp.) withstand a rich muddy site.

Great gardeners let a ground cover herb do the hard work, because there is virtually a beautiful and durable herb for every spot. Then they sit back and let people tell them how well they did.

Elena Victory is horticulture specialist with University Extension (University of Missouri system) in St. Louis County.

Today's Food

Chocolate makes choice easy at table

When it is time to add a sweet choice to the brunch table, ease into a quick-to-fix chocolate breakfast bread.

Chocolate Quickie Sticky Bread and Chocolate Raspberry-Chip Strudel are perfect choices for a special breakfast on Mother's Day, an after-prom breakfast buffet or a Sunday special to go with eggs or pancakes.

Chocolate Quickie Sticky Bread uses frozen bread dough, while Chocolate Raspberry-Chip Strudel calls for refrigerated crescent dinner rolls to help make them quick and easy to prepare. To satisfy chocolate lovers, sticky bread features cocoa powder and mini "Kisses" while the strudel calls for raspberry-flavored chips.

GRILLED SALMON

In small saucepan, melt 1/2 cup (1 stick) butter or margarine with 1 clove garlic over low heat. Stir in 1 tablespoon honey, 2 tablespoons soy sauce and 1 tablespoon fresh lemon juice. Cook 2 minutes.

Brush sauce on 6 salmon fillets or other fish of choice. Place on well-oiled rack about 4 inches from fire or heat. Grill 4 to 5 minutes on each side.

CHOCOLATE QUICKIE STICKY BREAD

- 2 loaves (16 oz. each) frozen bread dough, thawed
- 3/4 cup granulated sugar
- 1 tsp. cocoa powder
- 1 tsp. cinnamon
- 1/2 cup (1 stick) butter or margarine, melted
- 1/4 cup water
- 1/2 cup packed light brown sugar
- 1 pkg. (10 oz.) mini Kisses baking chips

Let bread dough rise until doubled.

Stir together granulated sugar, cocoa and cinnamon. In small microwave-safe bowl, stir together 1/4 cup butter, water and brown sugar.

Microwave on high power 30 to 60 seconds until smooth when stirred.

Pour mixture into 12-cup fluted tube pan.

Preheat oven to 350°. Pinch off pieces of bread dough.

Form into 1 1/2-inch balls with 3 baking pieces inside each ball. Dip each ball in remaining 1/4 cup butter.

Roll in cocoa mixture.

Place in prepared pan.

Bake in preheated oven 45 to 50 minutes until golden brown.

Cool bread in pan 20 minutes.

Invert onto serving plate. Cool until lukewarm.

Makes 12 servings.

CHOCOLATE AND RASPBERRY CHIP STRUDEL

- 1/2 cup raspberry chocolate chips
- 1/2 cup sugar
- 1/2 cup sour cream
- 2 tbsp. chopped, toasted almonds
- 1 can (8 oz.) refrigerated crescent rolls
- Vanilla Glaze, if desired

Preheat oven to 350°.

In small microwave-safe bowl, microwave raspberry chips on high power 30 seconds or until chips are melted and smooth when stirred. In small bowl, combine with sugar and sour cream. Stir in almonds.

On ungreased cookie sheet, unroll crescent dough into 2 long rectangles. Overlap long sides to form 13-by-7-inch rectangle. Press perforations to seal.

Spread chocolate mixture in 2-inch strip lengthwise down center of dough. Make cuts 1-inch apart on each side of dough just to edge of filling. Fold strips at angle across filling, alternating from side to side. Fold under ends to seal.

Bake in preheated oven 20 to 25 minutes until browned. Cool.

Drizzle with Vanilla Glaze. Cut in slices.

To toast almonds: Spread almonds in thin layer in shallow baking pan. Bake in preheated 350° oven 8 to 10 min.



There are times, even at breakfast, when nothing matches the satisfaction of chocolate.

OATY-CHOCOLATE CHIP MUFFINS

- 1 1/4 cups flour
- 1 cup uncooked oats (not instant)
- 1/2 cup regular or mini

semisweet chocolate chips

- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt, if desired
- 1/2 cup buttermilk
- 1/2 cup honey
- 1/4 cup oil
- 1 egg, lightly beaten
- Streusel

Preheat oven to 350°. Line 12 medium muffin cups with paper baking cups.

In large bowl, combine flour, oats, chocolate chips, baking powder, baking soda and salt.

Mix well. In medium bowl, combine buttermilk, honey, oil and

egg. Blend well. Add to dry ingredients all at once. Stir until dry ingredients are just moistened.

Fill muffin cups almost full. Sprinkle with Streusel, patting gently.

Bake in preheated oven 20 to 22 minutes until light golden brown.

Cool muffins in pan on wire rack 5 minutes. Remove from pan.

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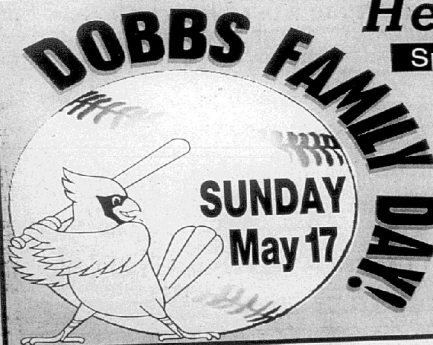
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FOOD



Strawberries hold all the fresh aces, but get a flavorful raise from custard sauce flavored with orange and ginger.

STRAWBERRIES WITH CUSTARD

- 1/2 cup milk
- 2 tbsp. heavy cream
- 1 tsp. vanilla
- 1/2 tsp. grated orange peel
- 1/4 tsp. ground ginger
- 2 egg yolks
- 3 tbsp. sugar
- 1 tsp. cornstarch

- 1 lb. strawberries or 3 (6 oz. each) pkg. blueberries or berry combination

8 thin chocolate wafers

In small saucepan or microwave-safe bowl, stir together milk, cream, vanilla and orange zest. Heat over medium-low heat or microwave about 1 minute. Cover pan.

In bowl, blend sugar and cornstarch. Stir or whisk in egg yolks until well combined and lemon-colored. Gradually stir or whisk in the hot milk mixture. Cook and stir over medium heat about 5 minutes.

Remove from heat. Stir or

whisk. Turn into small bowl. Cover with plastic wrap.

To use immediately, turn custard into metal bowl and place bowl in larger bowl filled with ice water. Stir. While custard is chilling, rinse berries. Reserving 4 whole strawberries for garnish, hull and halve or quarter remaining berries, depending on size, into medium or large bowl.

Break 4 chocolate wafers into bite-size pieces and add to berries. Four custard on top. Fold to coat berries completely.

BERRY SALSA

At least 1 hour before serving, mix together 1 English or seedless cucumber, finely

chopped; 1 green onion, thinly sliced; 1 tablespoon fresh cilantro, cut in strips; 3 to 4 tablespoons rice wine vinegar, and 1 yellow bell pepper,

chopped. Refrigerate. Just before serving, add 2 cups diced fresh strawberries. Serve over grilled salmon or chicken.

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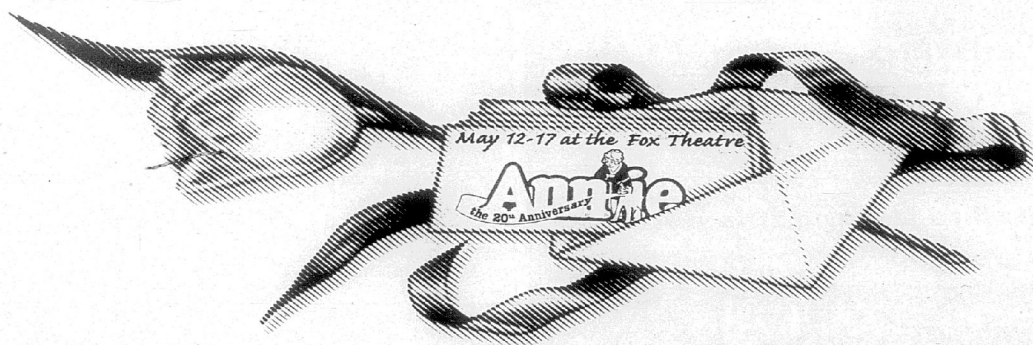
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Today's Food

Recipe

PORTOBELLA PIZZAS

- 3 portobella mushroom caps
1 tsp. oil
cup (3 oz.) grated mozzarella cheese
1 lb. sausage or pepperoni
2 tbsp. onion
2 tsp. green bell pepper
Italian seasoning

Preheat oven to 350°.

Score mushroom caps. Heat portobella cap-down in oil about 1 minute. Remove from pan.

Cook sausage with onion and green pepper. Drain. Sprinkle with Italian seasoning. Mix together.

Turn over mushroom caps. Fill with sausage mixture. Sprinkle cheese on top. Bake in preheated oven 15 minutes.

Makes 3 servings.



Prime of asparagus draws to a close in 1998 with stockier build and options galore.

Late-spring asparagus still grows straight

The pencil-thin asparagus of March gives way to the fat, juicy stalks of May, a signal the best days in this prized vegetable's season are numbered. Asparagus may be widely available throughout much of the year, but it is truly at its flavor peak only in spring.

Cultivated for more than 2,500 years, asparagus was consumed by the Romans, not just for its prized flavor, but also for its medicinal properties. Today it is recognized again for healthful qualities, with 1 cup of asparagus holding an

impressive amount of dietary fiber (3.6 grams) and more folate than three oranges (263 mcg). What is more, all that nutrition comes with just 43 fat-free calories.

When shopping for asparagus, choose firm, straight, mostly green stalks with tightly closed tips. Asparagus keeps in the refrigerator up to four days, when stems are trimmed, wrapped in damp paper towels and the entire stalk is enclosed in a plastic bag. Steaming, blanching or simmering are ways to cook asparagus. Depending

upon the stalk's thickness, it takes 8 to 15 minutes for asparagus to reach a tender-crisp level of doneness.

Asparagus is best served as plainly as possible.

Steam and garnish it with a squeeze of lemon for an elegant appetizer on almost any occasion.

For a splash of flavor, sprinkle with a tangy mustard vinaigrette, made by combining chopped shallot, balsamic vinegar, honey and grainy mustard with light olive oil and slivered fresh basil.

CITRUS-MARINATED ASPARAGUS WITH SESAME SEEDS

- 1 lb. asparagus, trimmed, peeled
2 tsp. extra-virgin olive oil
2 shallots (white part plus 1 inch green), minced
1 shallot, minced
1 clove garlic, minced
2 tbsp. minced fresh cilantro
1 tbsp. grated ginger root
1/2 cup fresh orange juice
2 tbsp. fresh lemon juice
1 tbsp. reduced-sodium soy sauce
2 tsp. sesame seeds, toasted

Place rack or steamer basket in bottom of large saucepan. Add water until it almost touches rack. Bring water to boil.

Add asparagus. Steam over medium heat, covered, 2 to 7 minutes until asparagus is bright green and crisp. Time depends on size of asparagus.

Heat oil in small skillet over medium-high heat. Add scallion, shallot, garlic, cilantro and ginger.

Reduce heat to medium. Saute, stirring often, about 7 minutes until vegetables are soft.

Stir in orange juice, lemon juice and soy sauce. Bring to simmer over medium-heat.

Cook about 4 minutes longer until mixture is reduced by one-third. Remove from heat.

Place asparagus in glass or earthenware bowl. Toss well with sauce. Add sesame seeds. Toss again. Chill thoroughly, about 40 minutes.

Toss well before serving. Makes 4 servings, 78 calories and 3 g fat each.

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Today's Food

Table and plate stage event worth a memory

Sometimes it is the small event that means the most to people. Even peanut butter sandwiches in the park become special when extra planning goes into the preparation.

A pretty napkin, a note of confidence, a side dish of 6 luscious red berries or a paper bag with the sandwich eater's name circled with a red heart create a feeling of caring.

When a special person is due for lunch, the menu may be a flavorful salad centered on a bed of fresh artichoke leaves. The uninitiated should know artichokes are eaten by scraping the tasty flesh from the leaves by pulling between the teeth.

If fresh flowers fashion the table, choose them by color and firmness of their stems.

Use a vase deep enough to provide adequate water to the stem. It should be clean and filled with lukewarm water when the flowers are added. If not using a floral preservative, add a pinch of sugar, 1 teaspoon lemon juice and a few drops of bleach to the water. Pull off leaves that would be submerged.

WILD RICE AND ARTICHOKE SALAD

- 2 cups cooked wild rice
- 1 cup cooked white rice
- 1/4 cup golden raisins
- 1/4 cup julienne-cut dried apricot
- 1/4 cup fresh or canned pineapple chunks
- 1/4 cup sliced almonds, toasted
- 1/4 cup chopped fresh mint
- 4 scallions (green onion), thinly sliced
- 1/2 tsp. grated orange peel
- 1 tsp. orange juice
- 1 tsp. salt
- 1/4 tsp. white pepper
- 4 medium artichokes
- Curry Dressing

Cook wild rice and white rice separately. Drain wild rice, if necessary. Combine both in large mixing bowl. Cool completely.

Add raisins, apricot, pineapple, almonds, mint, scallion, orange peel and juice, salt and pepper to rice.

Recipe

TWO-CRUST VEGGIE PIZZA PIE

- 1 pkg. (15 oz.) refrigerated pie crusts
- 3 tbsp. margarine or butter
- 3/4 cup chopped green bell pepper
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 lb. frozen leaf spinach, thawed, squeezed to drain well
- 3/4 to 1 tsp. Italian seasoning
- 1/2 tsp. salt
- Pinch crushed red pepper flakes
- 1 1/2 cups (8 oz.) shredded mozzarella cheese
- 5 plum tomatoes, sliced, or 1 cup chopped, seeded tomato
- 1/2 cup grated parmesan cheese

Preheat oven to 400°. Prepare pie crust as directed on package for two-crust pie, using 9-inch pan. Melt margarine in large skillet. Cook and stir bell pepper until vegetables are tender. Add spinach, Italian seasoning, salt and red pepper. Mix well. Cook until thoroughly heated.

Evenly spoon half the spinach mixture into crust. Top evenly with half each of the mozzarella cheese, tomatoes and parmesan cheese. Repeat layering with remaining spinach, mozzarella and tomato.

Top with second crust. Seal edges and flute. Cut slits in several places. Sprinkle top crust with remaining 1/4 cup parmesan cheese. Bake in preheated oven 35 to 40 minutes until crust is golden brown.

Trim stems from artichokes. Place artichokes on large pan with 3 quarts desired, oil, lemon juice and seasonings can be added to cooking water. Boil gently, covered, 20 to 30

minutes until petal near center pulls out easily. Drain. Cool completely.

After removing outside petals from each artichoke, spread them on individual serving plates to form flower-like effect. Scrape fuzzy

choke out of each artichoke and discard.

Dice artichoke hearts. Add to salad mixture.

Curry Dressing: Blend well 2 cups mayonnaise, 1 tablespoon plus 2 teaspoons lemon juice, 1 tablespoon

plus 2 teaspoons soy sauce, 1 tablespoon curry powder, 1 tablespoon onion juice and 1 tablespoon coarsely chopped chutney.

Evenly divide salad mixture between centers of artichoke petals. Pass

dressing for salad and as dipping sauce for petals.

Makes 4 servings.

Note: For more flavor, rice can be cooked in chicken broth rather than water. To increase heartiness of dish, add cooked shrimp.

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Today's Food

LOW-FAT FOODS BEST WHEN FRESH

Low-fat baked goods often taste best at their freshest. Keep them in an airtight container on the counter to maintain taste and texture a few days; freeze them to

vidual amounts as needed. Homemade low-fat cookies turn out best if slightly underdone, baked until cookies are just firm on the outside and still soft in the middle. When cooled, the cookies will be chewy and moist.

BAGEL SANDWICH

Spread toasted bagel half with 1/2 hard-cooked egg, chopped, mixed with 1 tablespoon low-fat yogurt and pinch of curry powder.

Sprinkle with chopped chives or green onion. Top with folded slice of deli honey ham.

Makes 1 serving; 175 calories, 4 g fat and 135 mg cholesterol each.

Ethnic side dish sparks life into ho-hum meal

Like a trip where side roads ignore expected pleasure, the extras served alongside a main dish compose the full picture of a meal. After all, a buggy needs a horse, Ben-Hur needs a chariot and May flowers need April showers. Extra points go toward side dishes and desserts that carry out a meal's character.

When it comes to Mexican food, rice is in tune from its jalapeno pepper to its pinto beans. For dessert, a pinch of spicy cinnamon brings out the richness of chocolate cake, even when it is light on fat.

LOW-FAT CHOCOLATE CAKE

- 3/4 cup pured plums or other fruit (available in oil section of supermarket)
- 2 egg whites
- 1 tsp. vanilla
- 2 1/2 cup flour
- 3/4 cup granulated sugar
- 7 tbsp. cocoa powder
- 3/4 tsp. baking powder
- 1 tsp. cinnamon
- Pinch baking soda
- Pinch salt
- 1 1/4 cups confectioner's sugar
- 1/4 cup skim milk

Preheat oven to 325°. Coat 9-inch square pan with nonstick cooking spray.

Mix plum puree with egg whites and vanilla. Beat until smooth. Add flour, granulated sugar, 5 tablespoons cocoa, baking powder, baking soda, salt and cinnamon.

Spread batter into prepared pan. Bake in preheated oven about 20 minutes.

ARROZ CON QUESO

- 1 tbsp. oil
- 1 onion, chopped
- 1 1/2 cup uncooked rice
- 1 1/4 cups water
- 3 tbsp. chopped mild chiles (canned)
- 1 tbsp. chopped jalapeno pepper (canned)
- 1/4 tsp. garlic powder
- 3/4 cup plain low-fat yogurt
- 3/4 cup (3 oz.) reduced-fat shredded cheddar or Monterey Jack cheese
- 1/2 cup low-fat milk
- Pinch salt
- 1/2 cup canned or cooked pinto beans, drained
- 2/3 cup chopped fresh tomato
- 2/3 cup low-fat shredded cheddar cheese

Preheat oven to 350°. Coat 4-cup casserole with nonstick cooking spray.

In heavy saucepan, saute onion in oil until translucent. Add rice. Stir until coated.

Add water. Bring to boil. Reduce heat. Simmer, covered, 15 minutes or until rice is tender. Stir in chiles, jalapeno, garlic powder, yogurt, Monterey Jack cheese, milk, salt and beans.

Four mixture into prepared casserole. Bake in preheated oven 35 minutes until heated through. Top with tomato and cheddar cheese. Heat in oven until cheese is melted.

Makes 5 servings; 291 calories, 28 g carbohydrate, 17 g protein, 12 g fat, 659 mg sodium and 2 g fiber each.



FEELING FIT

BY MARK
LYMBERPOULOS

Kids who exercise seem to be more self-confident and energetic. Healthier, too—a doctor at Texas Christian University Health Center found. Even 20 to 30 minutes, 3 or 4 times a week, seems to make a difference.

Fitness buffs know that kiwi fruit has more Vitamin C than oranges and grapefruit. Lots of iron and potassium, too.

Sunscreen protects against sunburn but can interfere with sweating, causing overheating while sunbathing. Tip: apply sunscreen only to parts most likely to be burned, e.g., nose, shoulders.

Crash reducing diets seem to weaken muscles and disturb their function.

Do you always run or jog on the same side of the road? Change it now and then doctors warn. Roads generally slope to the sides, and the knee on the high side (toward the middle of the road) is stressed. Runner's knee, a painful condition, may result.

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Today's Food

Blue Ribbon Cook

Great ham, broccoli make a winning team

Josephine Visnovske, Crystal City, is winner of this week's recipe contest for Hearty Ham and Broccoli Salad.

The prize is dinner certificates from the Pasta House Co. She first tasted the combination in a Chicago deli, then experimented until she managed to put together a salad that satisfied her as a facsimile. Using leftover cooked poultry, beef or pork in place of ham results in different, but equally delicious results.

HEARTY HAM AND BROCCOLI SALAD

- 3 cups fresh broccoli, cut in bite-size pieces
- 1 cup water
- 2 cups diced cooked ham
- 1 rib celery, chopped
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/4 cup sunflower seeds
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/4 cup mayonnaise
- 1/2 cup ranch salad dressing
- 1 tsp. Worcestershire or soy sauce, if desired

Microwave or steam broc-

coli in water about 3 minutes until it turns bright green, but is still tender-crisp. Chill in ice water to stop cooking. Drain thoroughly.

Combine broccoli, ham, celery, onion, green pepper, sunflower seeds, salt and pepper.

Blend mayonnaise, salad dressing and Worcestershire sauce. Pour over ham and vegetables. Toss gently to cover with dressing.

Note: For complete meal, serve with crackers or rolls. If desired, replace ham with cooked chicken, turkey, beef or pork.

Recipes for the Fruity Dessert Recipe Contest will be accepted through May 31. A winner will be rewarded each Wednesday during June, so readers of Today's Food get an opportunity to win one of four times.

A single household can submit a single recipe to Fruity Dessert Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131. As usual, if there is a history to the recipe, it will be considered part of the entry.

Heart-y Bites

Everybody sounds like a mom: Eat vegetables

By ERICA SACHS

Your mother, the Department of Agriculture, the American Heart Association, literally everybody who is anybody says it: Eat more fruits and vegetables.

Fruits and vegetables supply important vitamins and minerals, as well as dietary fiber. They also provide other important compounds that prevent cellular damage associated with disorders like artery disease and cancer. These important compounds are not picky about where they call home — as long as it is a fruit, vegetable or other plant food.

Luckily, the best way to get these helpful chemicals is to eat them.

Registered dietitian Erica Sachs is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

VEGETABLE STIR-FRY

- 2 packets (2 cups each) boil-in-bag rice
- 3 tbsp. oil
- 1 onion, cut in thin strips
- 8 oz. precut broccoli florets (4 cups)
- 1 large red bell pepper, cut in 2-by-1/2 inch strips
- 8 oz. mushrooms, sliced
- 1 bunch (1 1/2 lb.) bok choy, stalks separated, washed, cut crosswise in 1 inch lengths
- 1 can (14 oz.) baby corn, rinsed, drained
- 1/4 cup stir-fry sauce
- 2 cloves garlic, crushed
- 8 oz. firm tofu, drained, patted dry, cut in 1/2 inch cubes

In saucepan, cook rice packets in 2 quarts boiling water 10 minutes. Remove unopened packets from water and place in saucepan.

Cover to keep warm. Heat wok over high heat. Add 1 1/2 tablespoons oil; tilt to coat. Stir-fry onion and broccoli 3 minutes. Add bell pepper. Stir-fry 2 minutes. Add mushrooms. Stir-fry 2 minutes until vegetables are tender-crisp. Remove from pan.

Add remaining oil to wok; tilt to coat. Stir-fry bok choy and corn 3 minutes. Add vegetable mixture, stir-fry 2 minutes until bok choy is tender. Stir in tofu. Remove from heat.

Cut open rice packets. Place rice in bowl. Serve vegetables over rice. Makes 4 servings; 606 calories, 24 g protein, 95 g carbohydrate, 16 g fat, no cholesterol and 244 mg sodium each.

Note: For a shortcut, shop at salad bar in vegetables to use in stir-fry.

Medicine Chest

By REBECCA COLEY

Brush with toothpaste that's needed

If multiple choices in toothpaste are any indication, no one should lose teeth.

It pays to know how to pick one suited for specific dental needs.

- Those with sensitive teeth need a toothpaste with a mild abrasive, for example, a toothpaste with baking soda. Baking soda cleans the surface of the teeth, but there is no data to support a therapeutic value for baking soda. Excessive use can be irritating.

- Whitening toothpastes can remove some stains from the enamel, but they are not as effective as in-office bleaching.

- Sodium fluoride, contained in most toothpastes, is necessary to prevent decay of tooth enamel.

- Tartar control toothpastes contain sodium pyrophosphate. This substance hangs onto the interior of the tooth to prevent tartar formation.

These toothpastes do not remove existing tartar, but can prevent it from further development. It is best to start using a tartar control product right after a dental cleaning.

- Other special products are designed for people who need desensitizing toothpaste or antimicrobial toothpaste.

All toothpaste is more effective right after a dentist's regular cleaning. A visit to the dentist every six months or as often as a personal dentist recommends is the general rule.

A dentist also can recommend the most appropriate toothpaste for individuals in a family, because one "size" may not fit all.

Registered pharmacist Rebecca Coley is a board member of the Saint Louis College of Pharmacy Alumni Association. Questions for her to answer in "Medicine Chest" can be e-mailed to her at rcoley@stluc.edu or sent to: Medicine Chest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.



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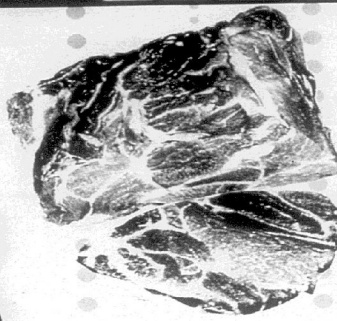
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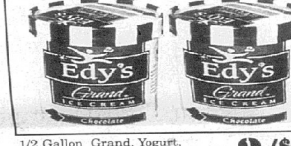
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The Fresh 1
Salad Mix
Store Washed
5 oz. pkg. 96¢

98¢

16 oz. Pkg.
Farmland
Jumbo
Hot Dogs

88¢

12 oz. Pkg.
Farmland
Luncheats

88¢

16 oz. Pkg. Assorted
Varieties
Farmland
Bacon

1⁶⁸

16 oz. roll Assorted
Varieties
Farmland
Sausage

98¢

12 oz. Pkg. Assorted Varieties
Farmland
Smoked
Sausage

98¢

16 oz. Pkg.
Johnsonville
Bratwurst or
Italian
Sausage

3⁴⁸

12-12 oz. cans Assorted Varieties
Coke or 2⁹⁹
Pepsi



7-Up, Dr. Pepper,
Sunny Delight

3⁰⁹

16 oz.
Wonder
Country Style
White Bread

1⁰⁹

18 oz. Assorted Varieties
K.C. Masterpiece
BBQ
Sauce

1⁵⁹

8 qt. Assorted Varieties
Crystal
Light

BUY 1 GET 1 FREE

64 oz. Best Choice
Citrus
Delight
Punch

99¢

12 oz. Frozen Concentrate
Best
Choice
Lemonade

2/\$1

12 inch Assorted Varieties
DiGiorno 2/\$9
Pizza
8 inch 2/\$5

2/\$9

16 oz.
Parkay
Soft
Margarine

99¢

12-12 oz. cans Light, Dry, Regular
Michelob
Beer

9⁹⁹

14.5 to 15.5 oz.
Just for Chili
Tomatoes or
Chili Hot Beans

3/\$2

16 oz.
Sunshine
Cheez-Its

2/\$4⁹⁵

60 ct. Pkg.
Hefty
Foam
Plates

1²⁹

8 Pack Assorted Varieties
Squeez-It
Drinks

99¢

7.5 oz. Biscuits or Homestyle
Always
Save
Biscuits

4/\$1

1 lb. Slow Turkey with Gravy
Sallyberry Steak, Mortadella
On the Border

2/\$4

8 oz. Assorted Varieties
Kraft
Shredded
Cheese

1⁸⁹

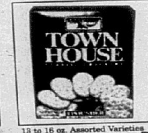
8 oz. Assorted Varieties
Kraft
Cheddar
Cheese

2/\$3

16 oz. Assorted Varieties
Doritos

2/\$4

48 oz.
Canola
Harvest
Cooking
Oil

2/\$3

15 to 16 oz. Assorted Varieties
Keebler
Townhouse
Crackers

2/\$5

9 to 11.2 oz. Assorted
Varieties
Jell-O
No Bake Pies

1⁸⁹

64 oz. Assorted Varieties
Lotta
Juice

1⁷⁹

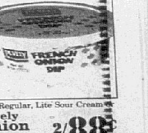
24 Pack
North Star
Lotta
Pops

2/\$3

9 to 11.5 oz. Assorted Varieties
Lean, Croissant,
Hot
Pockets

2/\$4

9 oz. Assorted Varieties
Prairie
Farms
Yogurt

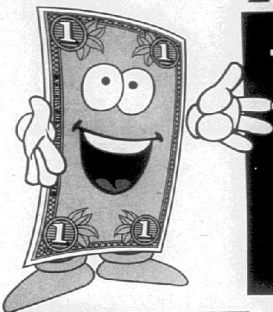
3/\$1

8 oz. Regular, Lite Sour Cream
Onion
Dip

2/88¢UNIVERSITY CITY
8000 OLIVE STREET, HOURS MON - SAT 7:00 AM-9:30 PM, SUN 8:00 AM-8:00 PMJENNINGS
8805 JENNINGS ROAD, RIVER ROAD SHOPPING CENTER HOURS MON-SAT 7:00 AM-9:30 PM, SUN 8:00 AM-8:00 PMMADISON
1127 MADISON AVENUE, HOURS MON-SAT 8:00 AM-9:00 PM, SUN 8:00 AM-7:00 PMHIGH RIDGE
2713 HIGH RIDGE BLVD & HWY 30, HOURS MON-SAT 7:00 AM-9:30 PM, SUN 8:00 AM-8:00 PMPrices Effective 5-6-98 thru 5-12-98
Wed Thur Fri Sat Sun Mon Tue
6 7 8 9 10 11 12

* Personal checks Welcome With valid drivers license or State ID * State Lottery & Food Stamp Warrants * Manufactured Cigars Welcome * Western Union Money Orders Available * We Reserve The Right To Limit Quantities and Cancel All Pivoting Items * Some Items May Not Be Available At All Locations

Shop 'n Save®



Dollar Days SALE!



CORN, PEAS, CUT GREEN BEANS
Shop 'n Save
Can Vegetables

4/\$1



FRUIT COCKTAIL, PEARS
HALVES OR PEACH SLICES
Shop 'n Save Fruit

3/\$1

15-OZ.
CAN
LIMIT 6



Shop 'n Save
Ketchup

2/\$1

28-OZ.
BTL.



SELECTED VARIETIES
Shop 'n Save
Cereal

2/\$3

13.75-20
OZ. BOX



CRUSHED
Shop 'n Save
Tomatoes

3/\$1

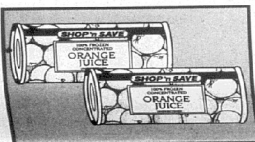
28-OZ.
CAN



Shop 'n Save
Pork n Beans

5/\$1

15-OZ.
CAN



CONCENTRATE, FROZEN
Shop 'n Save
Orange Juice

2/\$1

12-OZ.
CAN

SLICED
Shop 'n Save
Strawberries..... 3/\$1

CHILI BEANS OR
DARK OR LIGHT
Shop 'n Save
Kidney Beans..... 6/\$1

SLICED OR WHOLE
Shop 'n Save
Potatoes..... 6/\$1

Shop 'n Save
Tomato Juice..... 2/\$1

Shop 'n Save
Taco Mix..... 4/\$1

MEDIUM
Preferred
Selection Salsa... 2/\$3

Shop 'n Save
Tea Bags..... 2/\$3

APPLE CINNAMON
OR VANILLA INSTANT
Shop 'n Save
Oatmeal..... 2/\$3

CORN FLAKES
Shop 'n Save
Cereal..... 99¢

MUSHROOM OR
CHICKEN NOODLE
Shop 'n Save
Soup..... 3/\$1

SQUEEZE
Shop 'n Save
Mustard..... 2/\$1

SLICED
Shop 'n Save
Ripe Olives..... 2/\$1

Shop 'n Save
Vegetable Oil..... 2/\$3

ORIGINAL OR LITE
Shop 'n Save
Pancake Syrup... 2/\$2

CORN, PEAS OR MIXED VEGETABLES
FROZEN
Shop 'n Save
Vegetables..... 2/\$3

CUTS & TIPS
Shop 'n Save
Asparagus..... 2/\$1

Shop 'n Save
Baked Beans..... 3/\$1

Shop 'n Save
Black Beans..... 3/\$1

STEMS & PIECES
Shop 'n Save
Mushrooms..... 3/\$1

WHOLE OR SLICED, BUTTON
Shop 'n Save
Mushrooms..... 2/\$1

Shop 'n Save
White Vinegar..... 2/\$1

Shop 'n Save
Baking Soda..... 3/\$1



Shop 'n Save
Bleach

2/\$1

128-OZ.
BTL.

Shop 'n Save
Aluminum Foil... 3/\$1

Liquor Department



Budweiser
or Bud Light

647

15/12-OZ.
CANS



Genuine Draft or
Miller Lite

1196

24/12-OZ.
CANS



ASSORTED VARIETIES
Carlo Rossi

599

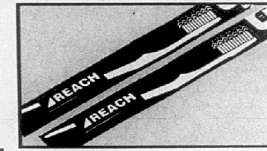
4-LTR. BTL.



Style Aerosol
Hairspray

44¢

7-OZ.
CAN



Reach
Toothbrushes

179

EACH

LIQUOR PRICES GOOD AT ILLINOIS STORES ONLY. SOME ITEMS NOT AVAILABLE AT ALL STORES.

REGULAR, LIGHT
OR DRY
Michelob..... 997

Busch or
Busch Light..... 497

REGULAR, LIGHT OR ICE
Milwaukee's
Best..... 697

Icehouse or
Red Dog..... 289

Miller
High Life..... 2/\$5

REGULAR, LIGHT
OR DRAFT
Hamm's..... 717

OUR LOW SALE
REGULAR OR LIGHT
Coors..... 897

OUR LOW SALE
PRICE \$7.99
REGULAR OR LIGHT
Keystone..... 544

Heineken..... 539

Walkers
Deluxe..... 1288

Please Be
Responsible.
Don't Drink
& Drive

ASSORTED VARIETIES
Mr. & Mrs. T's
Mixers..... 2/\$5

ASSORTED VARIETIES
T.G.I. Friday's
Cocktails..... 999

Corbett Canyon
White Zinfandel... 2/\$5

OUR LOW SALE PRICE \$10.99
Gordon's
Gin..... 799

ASSORTED VARIETIES
Samuel
Adams..... 477

OUR LOW SALE PRICE \$2.99
Bartles & Jaymes
Coolers..... 2/\$3

Coppertone Lip
Care Products... 159

GELCAPS, CAPLETS OR GELTABS
Tylenol Extra
Strength..... 649

TABLETS OR CAPLETS
Dexatrim..... 399

SHAMPOO OR
CONDITIONER
Tresemme..... 199

TABLETS, CAPLETS
OR GELTABS
Advil Ibuprofen 219

Poise
Pads..... 399

JOHNSON & JOHNSON
Baby
Toiletries..... 239

ORIGINAL OR MINT
Rembrandt
Toothpaste..... 2/\$9

JOHNSON SHAMPOO
BATH OR DETANGLER
Mickey & Friends
Bath Products... 199

Band-Aid Brand
Bandages..... 169

ANTI-PERSPIRANT OR
DEODORANT
Aqua Velva..... 2/\$3

More Great
Values In-Store

ASSORTED
VARIETIES

**Maull's
Barbecue
Sauce**



2/\$3
24-OZ.
BTL.

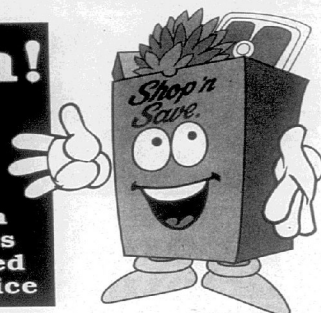
Don't Forget Mom!

**All Mothers Day Cards
DISCOUNTED**



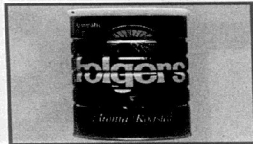
20%

From
MFG's
Marked
Pre-Price



**BRIQUETTES
Hickory River
Charcoal**

2/\$5
20-LB.
BAG



**ASSORTED VARIETIES
Folgers
Coffee**

5.99
26-36 OZ.
CAN



**ASSORTED FLAVORS, PREMIUM
Prairie Farms Old
Recipe Ice Cream**

2/4.95
HALF
GALLON



**ASSORTED VARIETIES
Patio
Burritos**

3/\$1
5-OZ.
PKG.



**ASSORTED VARIETIES
Dorito's
Tortilla Chips**

2/3.95
10-14.5
OZ. PKG.



**ORIGINAL, LIGHT OR FREE
Kraft
Miracle Whip**

2.39
32-OZ. JAR

**DELUXE MACARONI DINNER OR
Kraft Velveeta
Shells & Cheese**

1.99
10.5-OZ. PKG.

**ORIGINAL OR 2% MILK
Kraft
Singles**

2.95
10.5-OZ. PKG.

**ASSORTED VARIETIES
Kraft Soft Philly
Cream Cheese**

2/\$3
8-OZ. PKG.



**ASSORTED VARIETIES
Pillsbury Deluxe
Brownie Mix**

99¢
10.5-OZ. PKG.

**ASSORTED VARIETIES
Kids Cuisine
Entrees**

3/4.95
10.5-OZ. PKG.

**NATURALLY RISING
Jack's
Pizza**

3/9.95
10.5-OZ. PKG.

**MEADOW GOLD
Ice Cream
Sandwiches**

99¢
10.5-OZ. PKG.

**ASSORTED VARIETIES
Freshetta
Pizza**

2/\$9
10.5-OZ. PKG.

**ASSORTED VARIETIES
Lettieri's
Pizza on a Stick**

4/3.95
10.5-OZ. PKG.



**Lipton Decaf
Tea Bags**

1.99
10.5-OZ. PKG.

**Pevely
Lemonade**

2/1.49
10.5-OZ. PKG.

**Shop 'n Save
Sour Cream**

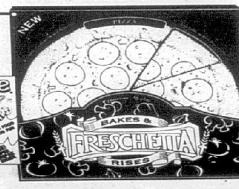
77¢
10.5-OZ. PKG.

**HAMBURGER OR HOT DOG
Shop 'n Save
Buns**

99¢
10.5-OZ. PKG.

**Shop 'n Save
Rye Bread**

1.29
10.5-OZ. PKG.



**ASSORTED VARIETIES
Smack Ramen
Noodles**

8/98
10.5-OZ. PKG.

**Smack Cup
A Ramen**

39¢
10.5-OZ. PKG.

**La Rosa
Pasta Sauce**

1.39
10.5-OZ. PKG.

**X-WIDE NOODLES OR
La Rosa
Mostaccioli**

69¢
10.5-OZ. PKG.

**La Rosa Italian
Dressing**

1.89
10.5-OZ. PKG.

**LONG GRAIN
Minute Rice
Premium Rice**

1.99
10.5-OZ. PKG.



**A&W Root Beer,
RC or Squirt**

69¢
2-LTR.
BTL.

**ORIGINAL OR SUGAR FREE
ASSORTED VARIETIES
GENERAL FOODS
International
Coffee**

2.99
10.5-OZ. PKG.

**EVERYDAY LOW PRICE
ASSORTED VARIETIES
Lever 2000
Bath Soap**

2/\$3
10.5-OZ. PKG.

**EVERYDAY LOW PRICE
LEVER 2000, DOVE OR
Caress
Body Wash**

3/9.99
10.5-OZ. PKG.

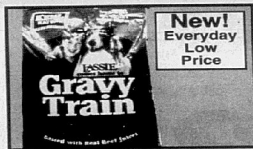


Pet Food Values



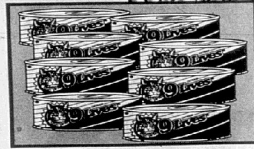
**LAMB N RICE OR
HI PRO DOG MEAL
Purina Dog Chow**

7.99
17.6-20
LB. BAG



**BEEF OR BEEF/LIVER/BACON
Gravy Train
Dog Food**

4.99
17.6-LB.
BAG



**SELECTED VARIETIES
9 Lives
Cat Food**

8/1.99
5.5-OZ.
CAN

**Pupperoni
Dog Treats**

2/\$3
10.5-OZ. PKG.

**PRE-PRICED \$10.99
PUPPY LEAN OR ORIGINAL
Kibbles N Bits
Dog Food**

7.99
10.5-OZ. PKG.

**ASSORTED VARIETIES
Reward
Dog Food**

6/1.99
10.5-OZ. PKG.

**Purina
Beggin Strips**

1.99
10.5-OZ. PKG.



**ASSORTED VARIETIES
Pounce
Cat Treats**

99¢
10.5-OZ. PKG.

**ORIGINAL OR BEEF
PURINA
Puppy Chow
Dog Food**

7.99
10.5-OZ. PKG.

**PASTA PLUS OR BEEF & BACON
Thompson's
Pet Food**

3.99
10.5-OZ. PKG.

**More Great Values
Available In-Store**

Breakfast Values

**SELECTED VARIETIES
Eggo
Waffles**

2/\$4
10.5-OZ. PKG.

**ASSORTED VARIETIES
PREMIUM
Florida's Natural
Orange Juice**

2/3.95
10.5-OZ. PKG.

**Plain Label
Whole Milk**

2.37
10.5-OZ. PKG.

**ORIGINAL OR LITE
Hungry Jack
Microwave Syrup**

2.29
10.5-OZ. PKG.

**ORIGINAL BUTTERMILK
OR LOW FAT
Aunt Jemima
Waffles**

3/\$4
10.5-OZ. PKG.

**ASSORTED VARIETIES
Kellogg's
Pop Tarts**

2/3.99
10.5-OZ. PKG.

**ASSORTED VARIETIES
REFUGERATEL
NEW YORK STYLE
Lender's Bagels**

1.09
10.5-OZ. PKG.

**FAT FREE, CHOLESTEROL FREE
Second Nature
Egg Product**

2/2.95
10.5-OZ. PKG.

Cleaning Values

**ASSORTED VARIETIES
TIDE LIQUID OR
Cheer Liquid
Detergent**

4.97
10.5-OZ. PKG.

**ASSORTED VARIETIES
Tide
Ultra Powder**

5.97
10.5-OZ. PKG.

**ASSORTED VARIETIES
Dishwashing
Dawn
Ultra Liquid**

1.87
10.5-OZ. PKG.

**LIQUID OR POWDER
Cascade
Dishwasher**

1.87
10.5-OZ. PKG.

**ASSORTED VARIETIES
Liquid
Downy Ultra
Fabric Softener**

2/6.97
10.5-OZ. PKG.

**ASSORTED VARIETIES
POWDER
Arm & Hammer
Laundry Detergent**

3.99
10.5-OZ. PKG.

**Video Special!
Rent Any
Catalog
Title**

39¢
EACH

05062A

Shop 'n Save®

Grill Mom a Steak for Mother's Day
and Save With This

GREAT VALUE!

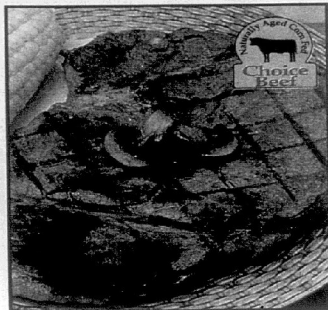
(Some flowers wouldn't hurt either)



USDA CHOICE CORN FED BEEF
**Boneless
Sirloin Steak**

259

lb.
LIMIT 3 PKGS.



The Other White Meat



WHOLE, IN THE BAG,
PACKER TRIM
**Boneless
Pork Loin**

199

lb.



HUDSON, ALL NATURAL
**Chicken Leg
Quarters**

47¢

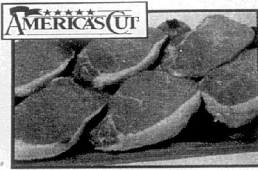
lb.

CHOPPED HAM OR
Oscar Mayer
Ham & Cheese... **2/\$4**

SLICED
Oscar Mayer
Turkey... **2/\$4**

Oscar Mayer
Sausage Links... **279**

Louis Rich
Ground Turkey... **99¢**



CENTER CUT
**Boneless
Pork Chops**

259

lb.

ALL VARIETIES
FRESH
Oscar Mayer
Lunchables... **2/\$4**

MAPLE FLAVOR
Surrey Farm
Bacon... **179**

ORIGINAL, ITALIAN OR BEER
Johnsonville
Bratwurst... **369**

CHUNK
Kahns
Braunschweiger... **139**



SLICED FREE!

WHOLE, 10-12 LB. AVG.
**Kretschmar
Boneless Ham**

179

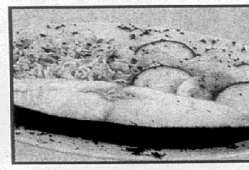
lb.

ASSORTED VARIETIES
Farmland
Lunchmeat... **99¢**

Hillshire Farm
Smoked Sausage **199**

LEAN MEATY BONELESS
Country
Style Ribs... **259**

CENTER CUT
Boneless
Pork Loin... **219**



SEAFOOD DEPARTMENT
FIRST OF THE SEASON
Fresh Halibut Steaks

499

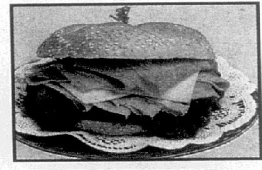
lb.

SEAFOOD DEPARTMENT
Flash Frozen
Pollock Fillets... **189**

SEAFOOD DEPARTMENT
Flash Frozen
Catfish Fillets... **299**

BAKERY DEPARTMENT
Fresh Baked
French Bread... **99¢**

BAKERY DEPARTMENT
Oven Art
Pound Cake... **2/\$5**



DELI DEPARTMENT
**Manda
Boiled Ham**

299

lb.

DELI DEPARTMENT
MESQUITE
Jennie-O
Turkey Breast... **499**

DELI DEPARTMENT
Swift
Hard Salami... **399**

DELI DEPARTMENT
Lorraine
Swiss Cheese... **399**

BAKERY DEPARTMENT
Fresh Baked
Vienna Rolls... **99¢**



12/12-OZ. CANS, SPRITE
**Coca Cola Classic
or Diet Coke**

2/488

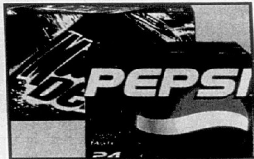
12/12-OZ. CANS

SPRITE, DIET COKE OR
Coca Cola
Classic... **2/395**

ASSORTED VARIETIES
Tostitos
Tortilla Chips... **99¢**

DUTCH FARMS
GRADE "A"
1 1/2-Dozen
Medium Eggs... **79¢**

LIMIT 2-CARTONS



24/12-OZ. CANS
**Pepsi, Diet Pepsi
or Mountain Dew**

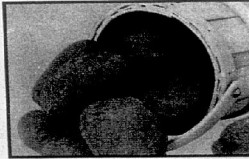
488

24/12-OZ. CANS

ASSORTED VARIETIES
Townhouse
Crackers... **2/298**

Vidalia
Onions... **68¢**

MICHIGAN
Jonathon
Apples... **138**



U.S. NO. 1
**Russet
Potatoes**

198

10 POUND CAN

SELECTED VARIETIES
Dole
Special Blends... **2/\$3**

BUNCHES
California
Green Onions... **3/98**

Florida Red
Radishes... **78¢**



CALIFORNIA
**Red-Ripe
Strawberries**

388

1/2 FLAT
LIMIT 4 HALF FLATS

48-COUNT SIZE
Texas Red
Grapefruit... **4/98**

Northwest
Anjou Pears... **78¢**

24-COUNT SIZE
California
Fresh Artichokes... **3/\$1**



TENDER
**Fresh
Asparagus**

98¢

lb.

NOT AVAILABLE AT ALL STORES
Pumpkin
Kohlrabi... **188**

Fresh
Tomatillos... **118**

Fresh
Cactus Leaves... **158**

Fresh
Radicchio... **248**

Fresh
Broccoli... **158**

Fresh
Bean Sprouts... **78¢**

ST. LOUIS METRO

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05063A

AUTOMOTIVE

BMW 328ic

BMW 328ic is a fine luxury convertible

By Tom Strongman

If this is spring, it must be time for a convertible.

What better partner is there for sliding through the early evening shadows with the wind in your face than BMW's 328ic? If you want the tight handling of a German sports coupe, the thrust of 190 horsepower from an in-line six-cylinder engine and looks that are as elegant and understated as finely tailored clothes, then BMW's luxury ragtop is your ticket.

Luxury is a key word here, because the 328ic starts at a hefty \$42,070 without any options. From a price point, that puts it in competition with the Porsche Boxster and Mercedes-Benz SLK, although neither of them has the convenience of a back seat. Even though there is a new 3-series sedan on the way, the convertible will retain its present styling for an unspecified time. There are three versions of the 3-series convertible, one more powerful (the M3) and one less powerful (323ic) than the 328 i drove for this review.

The 328's inner beauty really comes from its engine. This high-torque power plant produces a steady stream of power just off of idle, and its willingness is apparent with the slightest nudge of the throttle. Each gear change brings a satisfying surge. This 2.8-liter engine has dual-overhead camshafts (DOHC), four valves per cylinder, variable valve timing and direct ignition. Variable valve timing helps spread its torque, or pulling power, over a wide range, and that accounts in part for the way it reacts so quickly to the throttle.

The five-speed manual transmission (an automatic is optional) is the perfect complement to the engine's personality. The gearshift linkage is direct and positive. If you rest your elbow on the center armrest you can snatch one gear after another by simply moving your wrist, a feat driving enthusiasts will appreciate and embrace. The classy feel of the wooden shift knob enhances the experience.

With delicate clutch work, you can work your way up and down through the gears so smoothly your passengers will think you are driving an automatic.

Putting the top down is painless. Touch a button on the console and servo motors unlatch the hooks from the windshield header, fold the top, tuck it under a hard cover and roll down all the windows, in less than one minute. When it's this easy to lower the top you are likely to use it more often.

The back seat is fairly small, making it a place better suited for kids and dogs than adults. A good deal of BMW's driving enjoyment comes from the environment in which the driver is situated. The test car was equipped with leather-covered sports seats that provided generous support in all the key areas: lower back, under the thighs, on the sides. You could ride all day in these seats and not get a backache.

Instrumentation consists of large, simple dials that are read at a glance. Handling, too, is a key ingredient in this car's character. Many convertibles have a disturbing amount of body flex that can be felt through the steering wheel, but this one is almost as tight and rigid as the coupe.

Sixteen-inch alloy wheels and high-performance tires are perfect partners with the finely tuned suspension. The independent suspension has a ride that is compliant enough to be comfortable, but controlled enough to limit body roll in turns. The steering is direct and feedback immediate.

The four-wheel, anti-lock disc brakes are impressive for their stopping power and linear feel.

All Season Traction control helps control wheel spin and enhance traction in bad conditions. That said, however, most 3-series owners will find a good set of snow tires will make their winters more tolerable.

If you find the \$42,070 base price of the 328ic daunting, then it may be worthwhile to check out the newly released 323ic. Its base price of \$35,270 includes a 2.5-liter, six-cylinder engine with 168 horsepower. Our test car had a base price of \$42,070. Options included the Sport Package (\$1,775), metallic paint (\$475) and the premium Package (\$1,000). That brought the sticker price to \$45,920, including delivery.

The basic warranty is for four years or 50,000 miles.

Point: The 328ic is one of the nicest four-passenger luxury convertibles available. The engine is a model of elasticity, the gear box a delight and the handling is crisp and sure.

Counterpoint: The back seat is small, and the price puts it beyond the reach of many.

Engine:
2.8-liter, six-cylinder
Transmission:
Five-speed
Wheelbase:
106.3 inches
Curb Weight:
3,395 pounds
Base Price:
\$42,070
Price as Driven:
\$45,920
MPG Rating:
20 city, 28 highway

POINTS & PLUGS

By Rick Stoff

Honda has taken the wraps off a new car that is designed especially for natural gas fuel and touted as having the cleanest mass-produced internal combustion engine ever built.

The Honda Civic GX emits one-tenth of the hydrocarbon emissions required to qualify for strict new "Ultra Low-Emission Vehicle" standards set by California. The car emits 20 percent fewer of the so-called "greenhouse gases" that are said to be contributing to global warming.

Mitsubishi says it is preparing a clean engine, too. This one burns standard gasoline but manages to meet the California ultra-low emission standards. It features a two-stage direct-injection system that squirts fuel into the cylinders twice during each cycle, once at the end of the compression stroke and again toward the end of the expansion stroke. The car also uses a "reactive exhaust manifold" that slightly delays the exit of exhaust gases to the tailpipe, allowing them more time to become oxidized before reaching the air.

What's it take to increase sales of electric cars and trucks? Buyer incentives, straight from the factory to you.

Ford has announced a national purchase incentive of \$5,000 off the price of its electric Ranger pickup truck. The Southern California Air Quality Management District also is offering \$5,000 toward the purchase of any electric vehicle in that region. Those incentives could knock nearly a third off the Ranger's \$32,000 list price. Too bad there's not some kind of Gateway Region Quality Motoring District offering big rebates on the purchase of sports cars in the Midwest.

There is some good news about those hazardous utility vehicles. The high, heavy truck-like things have been under attack for their ability to inflict injuries upon the occupants of smaller cars, in collisions. A Ford executive, however, says safety has been improving.

A decade ago there was one fatality of a car occupant for every 30,000 sport-utilities on the road. Now the rate is one car-occupant fatality for every 50,000 sport-utilities, said Ernie Grush, Ford's manager of safety data analysis. These numbers show either that sport-utility vehicles are safer; that cars are safer; that cars and sport-utility vehicles are being driven more safely; or that numbers can be made to prove anything.

Better start teaching the kids to drive before "Hokey the Hound Dog" gets to them. Hokey has some connection to the NASCAR racing organization and will tour America with his "lovable cast of characters" to "promote family values," promoters say. It would be great if he could simply teach the little racers to use turn signals when they grow up.

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second floor also is display/storage space, plenty of parking on the black top parking lot.

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